

COUNT WHAT YOU EAT

SWARAN PASRICHA



NATIONAL INSTITUTE OF NUTRITION
Hyderabad-500 007, India

Community Health Cell
Library and Information Centre
367, " Srinivasa Nilaya "
Jakkasandra 1st Main,
1st Block, Koramangala,
BANGALORE - 560 034.
Phone : 5531518 / 5525372
e-mail:sochara@vsnl.com

COUNT WHAT YOU EAT

SWARAN PASRICHA

BA, MS, Dip. in Diet.

NATIONAL INSTITUTE OF NUTRITION

Indian Council of Medical Research

Hyderabad-500 007, India

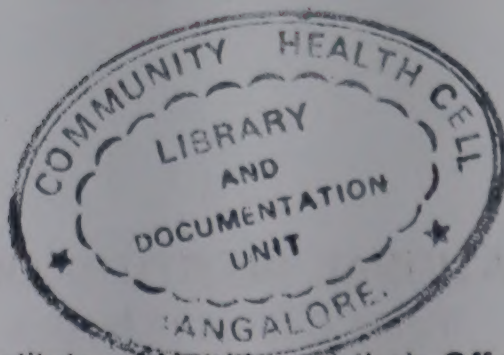
First printed	...	1989
Reprinted	...	1991
Reprinted	...	1994
Reprinted	...	1997

Price : Rs.15-00

NUT-100

N89

04792



Printed by National Institute of Nutrition at their Offset Press

CONTENTS

	Page
PREFACE	
INTRODUCTION	1
METHODS OF COOKING	3
RECIPES	
1. CEREAL PREPARATIONS	7
1.1 Rice Preparations	
1.1.1 Plain cooked rice	7
1.1.2 Khicheri	7
1.1.3 Pulao	7
1.2 Wheat Preparations	
1.2.1 Paratha	8
1.2.2 Phulka	8
1.2.3 Puri	8
1.2.4 Pathura	9
1.2.5 Potato Paratha	9
Nutritive Value (Per Serving) of Cereal Preparations	10
2. DAL PREPARATIONS	11
2.1 Cooked Dals	
2.1.1 Bengal gram dal	11
2.1.2 Black gram dal	11
2.1.3 Green gram dal	11
2.1.4 Lentil dal	12
2.1.5 Lentil dal (Bengali)	12
2.1.6 Red gram dal	12
2.2 Cuddy	13
2.3 Kootu	13
2.4 Spinach-with-dal	14
2.5 Sambar	14
Nutritive Value (Per Serving) of Dal Preparations	15
3. PREPARATIONS BASED ON WHOLE GRAM	16
3.1 Chole	16
3.2 Green gram whole	16
3.3 Lentil whole	17
3.4 Rajmah or Rawan	17
Nutritive Value (Per Serving) of Preparations Based on Whole Grams	19

4. VEGETABLE PREPARATIONS	20
4.1 Preparations with Gravy				
4.1.1 Avial	20
4.1.2 Bagara Baigan	20
4.1.3 Char-Chari	21
4.1.4 Mirchi-ka-Salan	21
4.1.5 Peas and Panir	22
4.1.6 Peas and Potato Curry	22
4.1.7 Potato Curry	23
4.1.8 Potato Stew	23
4.1.9 Soup	24
4.1.10 Vegetable Kofta Curry	24
4.1.11 Vegetable Khorma	25
4.2 Dry Preparations				
4.2.1 Beans and Potato	26
4.2.2 Brinjal and Potato	26
4.2.3 Capsicum and Potato	26
4.2.4 Cauliflower and Carrot	26
4.2.5 Dondakaya	27
4.2.6 Ladies finger	27
4.2.7 Pumpkin curry	27
4.2.8 Ridge gourd	27
4.2.9 Bhurtha	28
4.2.10 Cabbage	28
4.2.11 Stuffed tomatoes	29
4.2.12 Vegetable cutlet	29
4.2.13 Yam and Fenugreek leaves	30
Nutritive Value (Per Serving) of Vegetable Preparations				31
5. SAVOURY SNACKS	33
5.1 Awal	33
5.2 Bajji (Pakora)	33
5.3 Basen-ka-pura	34
5.4 Cashewnut cutlets	34
5.5 Chat	34
5.6 Cheese balls	35
5.7 Dahi vada	35
5.7a Vada	36
5.8 Masala vada	36
5.9 Dalia (salted)	36
5.10 Dosa	37

5.10a	Masala Dosa	37
5.11	Onion dosa	38
5.12	Idli	38
5.13	Kodai shooter kachori	38
5.14	Onion pakori	39
5.15	Potato bonda	39
5.16	Sago vada	40
5.17	Samosa	40
5.18	Sandwiches	41
5.19	Savian upma	41
5.20	Upma	42
5.21	Vegetable puffs	43
	Nutritive Value (Per Serving) of Savoury Snacks	44
6.	SWEET SNACKS	45
6.1	Basen-kee-barfi	45
6.2	Chikki	45
6.3	Dalia (Sweet)	45
6.4	Fruit cake	46
6.5	Jam tart	46
6.6	Lemon Tart	46
6.7	Nut biscuits	47
6.8	Rice puttu	47
6.9	Sandesh	48
6.10	Queen cakes	48
	Nutritive Value (Per Serving) of Sweet Snacks	49
7.	PUDDINGS AND DESSERTS	50
7.1	Blanch Mange	50
7.2	Bread pudding	50
7.3	Caramelised custard	51
7.4	Double-kaa-meetha	51
7.5	Floating island	51
7.6	Halwa (Kesari)	52
7.7	Jelly with custard	52
7.8	Payasam (kheer)	53
7.9	Pooran poli	53
7.10	Savian	54
7.11	Steam cake	54
7.12	Suji payasam	55
7.13	Srikhand	55
7.14	Walnut pudding	56
	Nutritive Value (Per Serving) of Sweet Snacks	57

8. NON-VEGETARIAN PREPARATIONS	58
8.1 Dam-kaa-chicken	58
8.2 Fillet of fish	58
8.3 Fish cutlets	59
8.4 Fried fish	59
8.5 Fish jhol	60
8.6 Irish stew	60
8.7 Liver do piazza	60
8.8 Mutton ball curry	61
8.9 Prawn do piazza	62
8.10 Prawn curry	62
Nutritive Value (Per Serving) of Non-Vegetarian Preparations	64
9. CHUTNEYS	65
9.1 Coconut chutney	65
9.2 Coriander chutney	65
9.3 Groundnut chutney	65
9.4 Mint chutney	66
9.5 Instant chutney	66
9.6 Tamarind chutney	66
9.7 Tomato chutney	67
Nutritive Value (Per Serving) of Chutneys	68
10. READY TO USE CONDIMENTS	69
10.1 Panch foran	69
10.2 Garam masala	69
10.3 Sambar masala	69
Nutritive Value of 100 g condiments	69
Approximate weights (in g.) and their equivalent measures/no.of foodstuffs	70
List of foodstuffs (raw) included to work out the averages	73
Average nutritive value of foodstuffs (raw) per 100 g	75
Glossary of terms used in food preparations	77

PREFACE

Cooking and menu planning are a blend of science and art. While the science of nutrition embodied in diet planning and cooking methodology, if properly understood, makes food a source of positive health, it is an art to see that the dishes are attractive, palatable, affordable and yet nutritious.

The book "Count What You Eat" differs from the usual recipe books in that it provides only a wide range of recipes suitable for a variety of tastes and incomes, but also the calorie, protein, carbohydrate, fat and mineral contents per serving. Vitamins have been left out, because of the variable extent of cooking losses that occur. However, since the table of nutritive value of foods provided, includes vitamin contents of raw foods, it can be referred to for deriving the vitamin contents of the uncooked ingredients in a given recipe. A discussion on the different methods of cooking, with relevant "Dos and Don'ts" follows the introductory remarks regarding the scope of the book.

Inclusion of recipes for ready to eat condiments and some chutneys provides additional flavour and value to the publication.

The book, we hope, will be of use not only to dietitians working in institutions or hospitals, but also to housewives and others who wish to count the calories and nutrients derived through their diet.

National Institute of Nutrition
Hyderabad-500 007, India
February 1989

VINODINI REDDY
Director

INTRODUCTION

Traditionally, many methods of cooking are in vogue. These methods differ from region to region and from household to household. Similarly, the same dish may be prepared using alternative recipes with different ingredients. Cooking of food has advantages as well as some disadvantages. One of the important effects of cooking is on the nutritive value of the preparation. It is therefore essential that the housewife is conversant with various methods of cooking and their effect on nutritional qualities of foods. She should also be aware of the method suited for any particular preparation not only from the palatability point of view but also with respect to wholesomeness and nutritional value.

This publication provides basic information on different methods of cooking which housewives may find useful. A glossary of terms commonly used in food preparations is also given for reference.

Apart from the above, the book contains several recipes which can be used in health and disease. These recipes are classified based on the main ingredients as *cereal, pulse, animal flesh or eggs*. Some sweet dishes, puddings and desserts are also included. The ingredients for each recipe are listed in terms of quantity (weight in grams, as well as in measures and/or number) used. The total weight of the cooked food and the amount per serving (weight and measure) are indicated in the Table at the end of each chapter. The measures used in the recipes are teaspoon, tablespoon and bowl (150 ml).

Unless otherwise mentioned, any fat can be used for cooking of these recipes. Quantities of chillies and other spices can be altered according to taste. Amount of oil used in the seasoning, specially of pulses, can be reduced, if so desired. In the case of deep fried food preparations, only the quantity of absorbed oil or fat is indicated in the list of ingredients and the nutritive value is calculated on this basis. However, the actual amount of the oil required for frying will be more, depending on the size and depth of the vessel used for frying, as also the quantity or number of items to be fried.

All the preparations included here were actually cooked and tasted by those hailing from different parts of the country. The nutritive value of each preparation (per serving) is calculated using the information on dietary nutrients given in the publication 'Nutritive Value of Indian Foods' (1982). The vitamin profiles of the preparations are not given because, without actual analysis, it is not possible to assess their vitamin content on the basis of raw foods since some of it may be lost during cooking/processing. These values given in the table can be used provided the suggested amounts of ingredients are used and serving is of the same size.

Apart from the housewives and lay persons, the book can be used by physicians for recommending therapeutic diets or any other specified diets, and by dietitians and research workers as a ready reckoner for calculating nutrient content of diets of different population groups during diet surveys etc.

With the increasing awareness of the benefits of good nutrition, there is need for providing such information on many more recipes in common use in different segments of our population.

I am extremely grateful to the former Director, NIN, Dr. B. S. Narasinga Rao, for sparing his valuable time and giving his constructive suggestions. I also would like to place on record the contribution of Mr. V. Ramadas Murthy, Research Officer, who has taken enormous interest in editing and finalising the format of this book.

Sd/-
Swaran Pasricha

METHODS OF COOKING

There is enough evidence to indicate that to begin with man was consuming foods in their raw state. However, there is archaeological evidence to indicate that subsequently he learned the use of fire for cooking. In the pre-pottery age, man appears to have cooked food by direct exposure to flames or by contact with the hot ashes or stones in a hearth. After the pottery age, he must have used them for cooking purposes and found it to improve the taste.

We now know that cooking of food is a refinement which has many advantages and also some limitations in relation to its nutritional quality.

Cooking

1. Renders the food pleasing to the eye and palate. It also imparts a new flavour to the food and stimulates digestive juices.
2. Sterilizes the food and improves its keeping quality.
3. Improves digestion of food by altering the texture by inducing physical and chemical changes and makes mastication easier.
4. Many different types of dishes can be prepared with the same ingredients and thus provides variety.

Cooking, however, results in loss of some nutrients depending upon the amount of water used and whether this water is discarded or not, the length of the cooking, temperature of cooking and the surface area **exposed**.

Methods of Cooking

There are several methods of cooking that are normally practised depending on the type of dish, individual likings and traditional practices. Advantages/disadvantages of each of these cooking methods are briefly described below.

Frying

Frying is a method of cooking in heated oil or fat. It is a rapid method of cooking since fat can be raised to a high temperature and food coming in contact with it gets cooked rapidly.

There are different types of frying.

Shallow Frying

Food is fried in a shallow pan like frying pan or 'Tawa' with a small amount of fat. This method of frying does not give uniformly good results. It, however, is suitable either for precooked foods like cutlets or foods which need limited cooking like eggs, kidney and dosai.

Deep Frying

During deep frying, food is completely immersed in excess quantity of hot oil in a deep heavy vessel like iron 'Karai'. It provides uniform heating and is more economical

than shallow frying. Though a large quantity of fat is required to start with, the amount of fat absorbed by the foodstuff is small. Puri, pakora, vadaï or fillet of fish can be deep fried. Sweet or savoury foods of different flavours can be fried in the same batch of oil.

Deep frying requires a coating of the food to protect the surface from the intense heat of the fat and prevent the escape of the nutrients. This coating can be of any one type of the following :

- (a) Flour, milk and egg.
- (b) Beaten egg and bread crumbs.
- (c) Basen batter (bengal gram flour).

Guidelines for Good Fried Foods are :

1. Using clean oil or fat.
2. Using correct degree of heat (it can be tested by dropping a small piece of batter. If the fat is not hot enough, food will absorb lot of oil.
3. Frying only a few pieces at a time so that the temperature does not drop suddenly.
4. Turning the pieces over at regular intervals.
5. Even coating of the food.
6. Adding more fat when it is reduced after frying for some time.

Roasting

Roasting is cooking by radiant heat (meat, poultry or game) rotating in front of a bright fire so that the entire surface is equally exposed to heat. For convenience and fuel economy, open roasting has been superseded by oven roasting. Since many people in our country do not possess an oven, it is replaced by pan roasting. Hence roasting is of three types : Spit, Oven and Pan.

1. Spit Roasting

Food is smeared with a little fat or marinated and is brought in direct contact with flame and cooked, turning and basting regularly. Chicken or tender mutton is cooked by this method. It is also called Barbecue. Meat cooked by this method can easily be digested and has a better flavour. But there is considerable shrinkage of food in this method of roasting.

2. Oven Roasting

Marinated meat or vegetable is browned in fat, then wrapped in an aluminium foil and roasted in medium oven (300-350° F). It can also be roasted straight. Fat is applied to the portion, roasted in hot oven for 5-10 minutes and cooked in medium oven till done. Basting, turning are done in this method also to ensure even browning. There is less shrinkage in this method and hence more servings can be cut from the same portion of meat.

3. Pan Roasting

If oven is not available, a thick heavy pan is used. The inside of the pan is covered with melted fat and the joint or bird is browned in it. Then the joint is removed and two or three skewers are kept at the bottom and joint is placed over them touching the fat but not the bottom of the pan. It is turned and basted frequently and kept covered till cooked, over a slow fire. If required, a little bit of water can be sprinkled off and on. The fat left in the pan, after roasting, can be used for making gravies.

Baking

Baking is cooking by dry heat which is modified by the steam produced from the food being baked. In baking, food is enclosed by hot air in a closed vessel or oven so that it gets heat from all sides. It is an expensive and slow method of cooking but makes the food very tasty.

For obtaining good results during baking

1. Follow the recipe instructions properly.
2. Use the correct consistency.
3. Heat oven slightly more than required before placing the food in it.
4. Do not open the oven often.

Broiling or Grilling

Broiling or grilling is a very quick method of cooking. It is cooking by direct dry heat and high temperature is maintained throughout the cooking time. The food is cooked uncovered. It can be done either in a grill or heavy pan or direct on flames. Usually, the pan is greased to prevent sticking. If done direct on the flames, then the foodstuff is greased. The heat can be provided either over, or under the foodstuff. Only very tender foods can be grilled. Grilled meat loses less juice than when cooked by any other method.

Seekh, boti kabab, cheese, tomatoes, brinjals, are usually grilled.

Boiling

Boiling is cooking by moist heat in a boiling liquid (water). The food comes in direct contact with boiling liquid. As compared with roasting and baking, boiling is a longer method of cooking because boiling temperature is lower than in roasting. Rapid boiling of liquid for the whole period of cooking, when meat is being cooked, will harden the protein and gelatine, causing shrinkage of fibres. Rapid boiling destroys texture and results in deterioration of nutrients, loss of flavour, and makes the food difficult to digest. Water soluble vitamins leach out into the liquid used for boiling. The maximum loss of nutrients takes place in boiling.

Roots and tubers and other tough foods are usually boiled.

For better cooking results by boiling

1. Use minimum amount of water. It should just cover the food. If it evaporates before the food is cooked, add more water.

2. Use pan with tightly-fitting lid to avoid evaporation and help in rapid cooking.
3. To save nutrients and flavour, add the vegetables to the boiling water. Allow to boil once and then simmer till done.

Steaming

Steaming is also cooking by moist heat but slower than boiling unless it is done under pressure. The food does not come in contact with steam from boiling water because steaming is usually done in double boiler.

Steamed food is lighter and more easily digestible than that cooked by other methods. There is less risk of overcooking and hardening of the proteins of animal foods. The losses in nutrients are minimum by this method.

Pressure cooking is steaming under pressure. The temperature is raised to about 115-120° C and time required for cooking is reduced. It is better method of cooking since it saves nutrients, fuel, and time and makes the food tastier.

All tender foods can be steamed. Tough foods like dry beans and tough cuts of meat can be pressure cooked. Puddings can also be steamed.

For better results with steaming

1. Have the water boiling before vessel containing food is placed on it.
2. The food should be covered either with greased paper or greased lid so that condensed moisture does not fall on the food.
3. Never allow the water in steamer to dry out.
4. Use tight-lid pan or double boiler for steaming.

Stewing

Stewing is also a method of cooking by moist heat. This method differs from boiling in that (a) comparatively small amounts of liquid is used (b) prolonged low degrees of moist heat is applied. It is very economical because the cheaper parts of meat and tough vegetables can be used. The nutrients which escape while stewing are not lost but are present in the liquid which is served with the stew. The expenditure on fuel is also less.

For stewing, the food is half covered with liquid and as soon as it reaches boiling point, the heat is reduced to make it simmer for a prolonged time.

For better results with Stewing

1. Use a pan with a well-fitting lid to prevent evaporation.
2. Use correct proportion of food and liquid. For each kilogram of food, approximately one and a half litre of liquid is required.
3. Use slow, steady and prolonged cooking.
4. Do not over-cook the food-specially meat which gets reduced to rags and loses taste.

1. CEREAL PREPARATIONS

1.1 Rice preparations

1.1.1 Plain cooked rice

Ingredients	Weight	Measure/No.
Rice	200 g	1½ K
Water	450 ml	3 K

Cook under pressure at 15 lbs for 1 minute after pressure is reached.

1.1.2 Khicheri

Ingredients	Weight	Measure/No.
Rice	100 g	¾ K
Green gram dal	50 g	⅓ K
Vanaspati/ghee/oil	30 g	8 tsp
Fried cashewnuts	15 g	9
Pepper	1	35
Ginger (chopped)	5	a small piece
Salt		to taste
Water	300 ml	2 K

Cook under pressure at 15 lbs for 2 minutes after the pressure is reached.

Method

(For 1.1.1 & 1.1.2) : Boil till grains are soft and no liquid remains. For khicheri, fried cashewnuts are added after the khicheri is cooked.

1.1.3 Pulao

Ingredients	Weight	Measure/No.
Basmati rice	200 g	1½ K
Vanaspati/oil/ghee	20 g	5 tsp
Shelled peas	200 g	2 K
Sahzeera	0.5 g	a pinch
Cardamom	0.5 g	6
Cinnamon	0.5 g	5 pieces
Bay leaf	0.3	1 leaf
Black pepper	1 g	35
Onion	50	1
Salt		to taste
Water	450 ml	3 K

Method

Fry sliced onions till brown. Add garam masala and fry for a few seconds till cloves swell. Add rice and peas (or any other vegetables). Add water and cook till grains are soft and no liquid remains or give pressure. It can be cooked under pressure at 15 lbs for 1 minute after the pressure is reached.

1.2 Wheat preparations

1.2.1 Paratha

Ingredients	Weight	Measure/No.
Wheat flour	200 g	2¼ K
Oil/ghee/vanaspati	20 g	5 tsp
Water (as required)	200 ml (approx.)	1⅓ K

1.2.2 Phulka

Wheat flour	200 g	2¼ K
Water (as required)	200 ml (approx)	1⅓ K

1.2.3 Puri

Ingredients	Weight	Measure/No
Wheat flour	200 g	2¼ K
Oil	30 g	7 tsp
Water (as required)	150 ml (approx)	1 K

Method (for 1.2.1 to 1.23)

Make dough. Divide into small balls and roll into thin chapatis.

Paratha (6) :

Apply a little fat and fold either into a triangle or make a round. Roll into thin chapati. Place on a hot tawa (iron pan) and wait till slightly dry. Turn and wait till brown marks appear. Apply some (1 tsp) fat, turn and fry from both sides.

Phulka (8) :

Put on hot tawa (iron pan) and let it remain for a few seconds. Turn it and wait till the side on tawa has a few brown marks. Turn and pat with a piece of cloth to a puff. Puffing can also be done by placing the phulka on live charcoal.

Puri (12) :

Fry small chapatis in hot, deep fat till they puff and become slightly brown on both sides.

1.2.4 *Pathura*

Ingredients	Weight	Measure/No
White flour	200 g	2½ K
Curd	165 g	1½ K
Cooking soda	0.5 g	1a pinch
Oil (absorbed)	70 g	½ K
Luke warm water (if required)	--	a little

Method

Knead flour with soda, curd and a little luke warm water, into a dough. Cover with a wet cloth and keep for a few hours (depending upon the weather), till it becomes soft and fermented a little. Divide into small portions (10), roll and fry like puries.

1.2.5 *Potato Paratha*

Ingredients	Weight	Measure/No.
Wheat flour	200 g	2½ K
Potato	200 g	2
Onion	20 g	½
Ginger	5 g	a small piece
Green chillies	5 g	5
Garam masala powder	3 g	a pinch
Anardana/Amchur powder	1 g	a pinch
Oil	36 g	8 tsp
Water as required	200 ml (approx)	1⅓ K
Salt	to taste	-

Method

Make dough and keep aside. Boil potatoes, peel, mash and mix with all the spices, chopped onion, ginger and green chillies. Divide the dough into small balls (6). Flatten balls, one by one, fill in about a tablespoonful of potato mixture and roll into a chapati with the help of dry flour. Fry potato paratha just like an ordinary paratha.

NUTRITIVE VALUE (PER SERVING) OF CEREAL PREPARATIONS

S.No.	Preparation	Wt. of cooked prepa- ration g	One Serving Weight g	Measure/ No.	Kcal	Pro- tein g	Carbo- hydrates g	Fat g	Cal- cium mg	Iron mg	Phos- phorus mg
1.1.1	Rice	620	200	2 K	222	4.4	50.0	0.3	6.5	2.0	103
1.1.2	Khicheri	520	200	2 K	430	8.6	66.0	14.7	23.1	6.9	167
1.1.3	Pulao	915	300	2 K	358	9.5	57.0	10.3	56.9	3.2	209
1.2.1	Paratha	293(6)*	100	2	297	8.3	47.0	8.3	32.8	7.8	289
1.2.2	Phulka	280(8)	70	2	170	6.0	35.0	0.9	24.0	5.7	211
1.2.3	Puri	298(12)	75	3	240	6.1	35.0	8.4	24.2	5.8	223
1.2.4	Pathura	360(10)	36	1	154	2.7	18.0	7.9	24.4	0.5	39
1.2.5	Potato paratha	520(6)	90	1	213	4.8	35.0	6.9	31.5	4.5	166

* Figures in brackets indicate the number

2. DAL PREPARATIONS

2.1 Cooked Dals

2.1.1 *Bengal gram dal*

Ingredients	Weight	Measure/No.
Dal	525 g	4 K
Oil	50 g	$\frac{1}{3}$ K
Cumin	10 g	2 tsp
Turmeric	5 g	$\frac{3}{4}$ tsp
Chilli powder	to taste	-
Water	1.5 litres	10 K

Cook under pressure at 15 lbs for 3 minutes after pressure is reached.

2.1.2 *Black gram dal*

Ingredients	Weight	Measure/No.
Dal	600 g	4½ K
Turmeric	5 g	$\frac{3}{4}$ tsp
Ghee	50 g	$\frac{1}{3}$ K
Chilli powder	5 g	$\frac{3}{4}$ tsp
Onion	50 g	1
Ginger	10 g	a piece
Green chillies	5 g	5
Garam masala	10 g	2 tsp
Green coriander	10 g	3 bunches
Salt	to taste	-
Water	1.2 litres	8 K

Cook under pressure at 15 lbs. for 1 minute after pressure is reached.

2.1.3 *Green gram dal*

Ingredients	Weight	Measure/No.
Dal	350 g	2½ K
Oil	20 g	5 tsp
Cumin	5 g	1 tsp
Turmeric	2 g	a pinch
Chilli powder	3 g	$\frac{1}{2}$ tsp
Salt	to taste	-
Water	700 ml	5 K

Cook under pressure at 15 lbs for 1 minute after pressure is reached.

2.1.4 *Lentil dal*

Ingredients	Weight	Measure/No.
Dal	500 g	3½ K
Turmeric	2 g	a pinch
Oil	30 g	7 tsp
Green chillies	10 g	10
Cumin	10 g	2 tsp
Curry leaves	5 g	1 bundle
Tomato	320 g	8
Salt	to taste	-
Water	1 litre	7 K

Cook under pressure at 15 lbs for 1 minute after pressure is reached.

2.1.5 *Lentil dal (Bengali)*

Ingredients	Weight	Measure/No.
Dal	100 g	¾ K
Mustard oil	10 g	3 tsp
Red chillies whole	3 g	6
Turmeric	0.5 g	1 pinch
Jaggery	10 g	a piece
Punch foran	5 g	1 tsp.
Salt	to taste	-
Water	350 ml	2 K

Cook under pressure at 15 lbs. for 1 minute after pressure is reached.

2.1.6 *Red gram dal*

Ingredients	Weight	Measure/No.
Dal	525 g	2¾ K
Oil	30 g	7 tsp
Mustard	1 g	a pinch
Green chillies	20 g	20
Curry leaves	5 g	1 bundle
Salt	to taste	-
Onion	300 g	6
Water	1 litre	7 K

Cook under pressure 15 lbs for 3 minutes after pressure is reached.

Method (for preparations 2.1.1 to 2.1.6 above)

Boil dal in water till soft. Add spices, cook for a few minutes and remove.

Season Bengal gram dal (2.1), green gram dal (2.1.3) and lentil dal (2.1.4) with ghee and cumin. Black gram dal (2.1.2) with chopped ginger and onion. Red gram dal (2.1.6) with mustard seeds and curry leaves. Lentil dal (2.1.5) with mustard seeds and red chilli whole.

2.2 Cuddy

Ingredients	Weight	Measure/No.
Bengal gram flour (basen)	200 g	2½ K
Curd	500 g	3⅓ K
Oil	75 g	½ K
Turmeric	5 g	¾ tsp
Chilli powder	10 g	1½ tsp
Coriander powder	15 g	2 tsp
Asafoetida	0.5 g	a small pinch
Coriander leaves	3 g	1 bunch
Garam masala	10 g	2 tsp
Onion	200 g	4
Water	1.5 litres	10 K
Salt	to taste	--

Method

- a) Make a batter with basen, salt and chilli powder and to it add one tablespoon of hot oil. Fry small pakodies (15) with a portion of the batter and keep them aside.
- b) Add curd, coriander powder and water to the remaining batter and make it into a liquid. In another vessel, fry sliced onions in the remaining oil. Add asafoetida, turmeric, chilli powder and salt. Add the mixture and stir it continuously till it boils. Cook for about half an hour on slow fire, stirring off and on, till raw flavour and taste disappear and it becomes semi-solid. Add pakodies and boil for about a minute. Sprinkle garam masala and chopped coriander leaves and remove.

2.3 Kootu

Ingredients	Weight	Measure/No.
Bengal gram dal	370 g	3 K
Calabash cucumber	1220 g	one big
Oil	50 g	⅓ K
Coconut	175 g	one
Turmeric	2 g	a pinch
Cumin	10 g	2 tsp
Mustard	5 g	½ tsp
Curry leaves	1 g	ten

Salt	to taste	-
Water	1 litre	7 K

Cook under pressure at 15 lbs. for 3 minutes after pressure is reached.

2.4 Spinach-with-dal

Ingredients	Weight	Measure/No.
Green gram dal	300 g	2 K
Spinach	1635 g	80 bundles
Green chillies	20 g	20
Onion	70 g	2 small
Tomato	150 g	4
Oil/Ghee	75 g	½ K
Salt	to taste	-
Water	300 ml	2 K

Cook under pressure at 15 lbs for 2 minutes after pressure is reached.

2.5 Sambar

Ingredients	Weight	Measure/No.
Red gram dal	100 g	¾ K
Onion	70 g	2 small
Sambar masala	5 g	1 tsp
Tamarind	5 g	a small ball
Mustard	1 g	a pinch
Curry leaves	1 g	10 leaves
Red chillies	1 g	two
Salt		to taste
Cumin	2 g	a pinch
Water	450 ml	3 K

Cook under pressure at 15 lbs for 3 minutes after pressure is reached.

Method

Boil dal till half done, add vegetable and spices. Cook till done.

(2.3) Add grated coconut to kootu and season with mustard and curry leaves.

(2.4) Season spinach dal with chopped fried onions and tomatoes.

(2.5) Add tamarind pulp to sambar and season with mustard, curry leaves and whole chillies.

NUTRITIVE VALUE (PER SERVING) OF DAL PREPARATIONS

S.No.	Preparation	Wt. of cooked preparation g	One Serving Weight g	Measure/ No.	Kcal	Pro- tein g	Carbo- hydrates g	Fat g	Cal- cium mg	Iron mg	Phos- phorus mg
2.1	Cooked dal										
2.1.1	Bengal gram dal	2470	123	1 K	124	5.6	16.0	4.1	17.5	2.5	91
2.1.2	Black gram dal	2365	145	1 K	161	9.0	21.0	4.5	60.9	4.9	148
2.1.3	Green gram dal	705	155	1 K	316	19.2	47.0	5.6	71.7	7.0	322
2.1.4	Lentil dal	1170	140	1 K	248	15.5	37.0	4.1	65.8	3.2	186
2.1.5	Lentil dal (Bengali)	780	130	1 K	79	4.2	12.0	1.8	13.2	1.0	50
2.1.6	Red gram dal	2760	135	1 K	109	6.0	17.0	2.0	27.1	1.6	88
2.2	Cuddy	2250	140	1 K	118	4.0	10.0	6.8	66.6	1.5	85
2.3	Kootu	2970	155	1 K	147	4.7	15.0	7.7	31.9	2.6	98
2.4	Spinach with dal	2750	140	1 K	113	5.6	12.0	4.6	77.9	10.4	83
2.5	Sambar	610	160	1 K	81	4.0	12.0	2.1	38.3	1.2	60

3. PREPARATIONS BASED ON WHOLE GRAM

3.1 Chole

Ingredients	Weight	Measure/No.
Kabuli chana	250 g	2 K
Bengal gram dal	100 g	¼ K
Oil	50 g	⅓ K
Potato	200 g	two
Onion (small)	125 g	three
Garlic	5 g	5 pods
Ginger	5 g	1 small piece
Garam masala	10 g	2 tsp
Tamarind	20 g	a small ball
Tomato (big)	100 g	2
Green chillies	5 g	5
Kala namak	5 g	1 tsp
Green coriander leaves	1 g	½ bunch
Roasted and powdered cumin	10 g	3 tsp
Mint	1 g	a few leaves
Salt	to taste	-
Water	1700 ml	11 K
Soda	0.2 g	¼ tsp

Method

Soak cleaned chana and dal overnight. Then in the morning either cook at 15 lbs pressure for 45 minutes or decant water and keep water aside. Apply a pinch of soda-bicarb to chana. Keep them aside for 15-20 minutes. Add decanted water and boil till soft. In a separate vessel, fry ground onion, ginger and garlic till brown. Add all the spices except tamarind, green chillies and coriander leaves. Stir for a few seconds and add boiled chole. Cook for a few minutes. Remove, add tamarind pulp, garam masala and garnish with slices of onion (option), green chillies, tomatoes (optional) and chopped coriander leaves.

Note: If a small amount (¼ tsp) of soda is added to chole then the water required for cooking will be 1 litre and it will take only two minutes at 15 lbs pressure to boil.

3.2 Green gram whole

Ingredients	Weight	Measure/No
Green gram (whole)	500 g	3½ K
Oil/Ghee	50 g	⅓ K

Ginger	20 g	a piece
Green chillies	20 g	20
Turmeric	5 g	$\frac{1}{4}$ tsp
Chilli powder	5 g	$\frac{1}{4}$ tsp
Garam masala	5 g	1 tsp
Salt	to taste	
Water	3 litres	20 K

Method

Boil dal with water, chopped ginger and whole green chillies till the grains are quite soft. Add turmeric, chilli powder and salt and cook on slow fire till grains and water get well mixed. Season with fried cumin and sprinkle garam masala. It takes 20 minutes to cook in a pressure cooker at 15 lbs. pressure.

3.3 Lentil whole

Ingredients	Weight	Measure/No.
Lentil (whole)	500 g	4 K
Onion	330 g	6
Green chillies	12 g	12
Ghee/Butter	50 g	$\frac{1}{3}$ K
Turmeric	5 g	$\frac{1}{4}$ tsp
Garam masala	5 g	1 tsp
Salt	to taste	-
Water	3 litres	20 K

Method

Boil pulse with chopped onions and whole green chillies till very soft. Add salt and turmeric and cook on a slow fire till dal and water get well mixed. Add ghee or butter and sprinkle garam masala.

It takes 30 minutes to cook in pressure cooker at 15 lbs pressure.

3.4 Rajmah or Rawan

Ingredients	Weight	Measure/No.
Rajmah/Rawan	500 g	4 K
Onion	220 g	5
Tomato	250 g	5
Oil	75 g	$\frac{1}{2}$ K
Chilli powder	10 g	2 tsp
Turmeric	5 g	$\frac{1}{4}$ tsp
Coriander powder	15 g	3 tsp
Coriander leaves	5 g	2 bundles

Garam masala	10 g	2 tsp
Salt	to taste	-
Water	2 litres	13 K

Method

Soak dried beans overnight and boil till soft. In another vessel, fry the ground onions till brown. Add chopped tomatoes and fry till the juice evaporates. Add all the spices (except garam masala) and boiled beans. Cook for a few minutes. Remove, sprinkle garam masala and chopped coriander leaves.

It takes 5 minutes to cook in a pressure cooker at 15 lbs pressure.

NUTRITIVE VALUE (PER SERVING) OF PREPARATIONS BASED ON WHOLE GRAMS

S.No.	Preparation	Wt. of cooked prepa- ration g	One Serving Weight g	Measure/ No.	Kcal	Pro- tein g	Carbo- hydrates g	Fat g	Cal- cium mg	Iron mg	Phos- phorus mg
3.1	Chole	1665	160	1 K	119	6.8	8.0	6.6	85.9	3.8	127
3.2	Green gram (whole)	2800	145	1 K	113	6.4	15.0	3.3	33.7	2.5	89
3.3	Lentil (whole)	3220	130	1 K	95	5.3	13.0	2.5	20.8	1.5	68
3.4	Rajmah	2370	135	1 K	153	7.1	18.0	5.7	94.2	3.3	135
3.5	Rawan	2685	140	1 K	141	7.4	16.0	5.1	38.0	3.1	134

4. VEGETABLE PREPARATIONS

4.1 Preparations with gravy

4.1.1 Avial

Ingredients	Weight	Measure/No.
Drumsticks	150 g	5
Pumpkin	560 g	Half
Potato	480 g	5
Ash gourd	220 g	$\frac{1}{4}$
Raw banana	245 g	4
French beans	300 g	100
Fresh coconut	330 g	2
Green chillies	30 g	30
Coconut oil (melted)	50 g	$\frac{1}{3}$ K
Curd	365 g	$3\frac{1}{2}$ K
Cumin	10 g	2 tsp
Curry leaves	5 g	1 bundle
Salt	to taste	-
Water	500 ml	$3\frac{1}{2}$ K

Method

Wash, peel and cut all the vegetables lengthwise (about 2" thick pieces). Add salt and water and cook till they are soft. Beat curd and add to boiled vegetables. Add grated coconut and boil for a minute. Season with oil and cumin and remove from the fire.

4.1.2 Bagara Baigan

Ingredients	Weight	Measure/No.
Small, round brinjals	1000 g	50
Tamarind	100 g	$\frac{1}{2}$ K (thick pulp)
Sesame seeds	50 g	$\frac{1}{2}$ K
Poppy seeds	50 g	$\frac{1}{2}$ K
Dried coconut	110 g	$\frac{1}{4}$ K
Mustard	10 g	1 tsp
Curry leaves	5 g	1 bundle
Dry chillies, whole	10 g	20
Oil	200 g	$1\frac{1}{3}$ K
Turmeric	5 g	$\frac{1}{4}$ tsp
Chilli powder	10 g	$1\frac{1}{2}$ tsp
Coriander powder	15 g	2 tsp

Cumin	10 g	2 tsp
Kalounji (onion seeds)	10 g	2 tsp
Salt	to taste	-
Water	500 ml	3½ K

Method

Wash and slit the brinjal into four quarters without cutting completely into separate pieces. Soak tamarind in about 100 ml water and extract the pulp. Roast and powder sesame seeds, poppy seeds and dried coconut powder and keep aside.

Heat half the oil and fry cumin, kalounji, coriander powder, turmeric and chilli powder, in that order. Add brinjal and water and cook till soft. Add powdered nuts and tamarind pulp. Cook for a minute. Season with remaining oil, mustard, curry leaves and whole chillies.

4.1.3 *Char-Chari*

Ingredients	Weight	Measure/No.
Cabbage	100 g	¼ (medium size)
Potato	100 g	1
Spinach	100 g	5 bundles
Cauliflower	100 g	1 small
Radish	50 g	1
Peas	100 g	1 K
Green chillies	15 g	15
Mustard oil	40 g	10 tsp
Brinjal	100 g	2
Pumpkin	100 g	a piece
Panch foran	10 g	2 tsp
Jaggery	15 g	1 piece
Turmeric	5 g	¼ tsp
Salt	to taste	-
Water	200 ml	1½ K

Method

Heat oil and add punch foran, chopped green chillies, turmeric and salt. Add peeled, chopped vegetables. Pour water and cook till vegetables are soft and a little liquid is left. Add jaggery, cook for a few seconds and remove from the fire.

4.1.4 *Mirchi-ka-salan*

Ingredients	Weight	Measure/No.
Big, long green chillies	380 g	130
Coconut (dry)	130 g	1
Poppy seeds	40 g	10 tsp

Sesame seeds	25 g	8 tsp
Oil	100 g	$\frac{2}{3}$ K
Tamarind	35 g	a small ball
Mustard	5 g	1 tsp
Cumin	5 g	1 tsp
Dry red chillies (whole)	5 g	10
Curry leaves	5 g	1 bunch
Turmeric	2 g	$\frac{1}{4}$ tsp
Salt	to taste	-
Water	150 ml	1 K

Method

Soak tamarind in water and extract pulp. Slit green chillies and stuff them with roasted and powdered sesame seeds. Heat oil and fry mustard, cumin, curry leaves and dry chillies. Grind roasted coconut and poppy seeds. Add it to the masala and fry for a few seconds. Add rest of the ingredients along with green chillies and cook till soft.

4.1.5 Peas and Panir

Ingredients	Weight	Measure/No.
Peas (shelled)	915 g	9 K
Panir (cottage cheese)	455 g	2"x6"x2" slab
Onion	215 g	4
Tomato	100 g	2
Oil	50 g	$\frac{1}{3}$ K
Turmeric	5 g	$\frac{1}{4}$ tsp
Coriander powder	10 g	1 $\frac{1}{2}$ tsp
Chilli powder	5 g	$\frac{1}{4}$ tsp
Ginger	10 g	a piece
Green chillies	10 g	ten
Garam masala	5 g	1 tsp
Green coriander	10 g	3 bunches
Salt	to taste	-
Water	350 ml	2 K

4.1.6 Peas and Potato Curry

Ingredients	Weight	Measure/No.
Peas (shelled)	635 g	6 K
Potato	855 g	9
Tomato	210 g	4
Onion	265 g	5
Turmeric	5 g	$\frac{1}{4}$ tsp
Oil	125 g	1 K

Chilli powder	10 g	1 tsp
Coriander powder	5 g	¾ tsp
Garam masala	5 g	1 tsp
Green coriander	5 g	1 bunch
Salt	to taste	-
Water	500 ml	3 K

Method

Grind and fry onions till golden brown. Add chopped ginger and tomatoes and cook till all the moisture evaporates. Add all the spices except garam masala and coriander leaves.

Add shelled peas, potatoes and water. Cook till vegetables are soft. Sprinkle garam masala and chopped green coriander.

For Peas and Panir : After peas are cooked soft, add pieces of panir and cook for 4-5 seconds.

4.1.7 Potato curry

Ingredients	Weight	Measure/No.
Potato	200 g	2
Oil	15 g	1½ tsp
Coriander powder	5 g	¾ tsp
Cumin	5 g	1 tsp
Turmeric	2 g	a pinch
Red chilli powder	3 g	½ tsp
Coriander leaves	3 g	a bunch
Garam masala	3 g	½ tsp
Salt	to taste	-
Water	100 ml	⅔ K

Method

Boil, peel and break the potatoes into small pieces. Heat oil, add all the spices, potatoes and water. Cook till thick gravy forms. Sprinkle garam masala and chopped coriander leaves.

6.1.8 Potato stew

Ingredients	Weight	Measure/No.
Potato	1345 g	14
Coconut milk	130 g	1 coconut
Curry leaves	5 g	1 bunch
Green chillies	40 g	40
Onion	100 g	2
Ginger	10 g	a piece

Coconut oil (melted)	20 g	6 tsp
Salt	to taste	-

Method

Boil, peel and cut potatoes. Grate and grind coconut and extract milk. Add water to the coconut and extract second lot of milk. Then add hot water to the coconut and extract third lot of coconut milk.

Heat oil and fry sliced onion, ginger, green chillies and curry leaves till onions are soft, but not brown.

Add potatoes, salt and third lot of milk and cook till thick. Add second lot of milk and cook for a few minutes. Lastly, add first milk and immediately remove from the fire. Use immediately otherwise it gets spoilt.

4.1.9 Soup

Ingredients	Weight	Measure/No.
Tomato	1000 g	25
Refined flour or corn flour	75 g	1 K
Sugar	50 g	7 tsp
Butter	200 g	2 pkts.
Black pepper	5 g	1 tsp
Garlic	5 g	5 pods
Ginger	10 g	a piece
Onion	20 g	half
Salt	to taste	-
Water	1 lit	7 K

Method

Boil tomatoes, chopped onion, ginger and garlic till very soft. Strain the tomatoes.

Heat butter and fry corn flour till slightly brown. Add tomato juice, salt, sugar and black pepper. Cook for a few minutes and remove. Serve hot.

4.1.10 Vegetable kofta curry

Ingredients	Weight	Measure/No.
Carrots	440 g	11
French beans	460 g	150
Tomatoes	360 g	9
Poppy seeds	30 g	7 tsp
Sesame seeds	35 g	10 tsp
Dry coconut	30 g	¼
Ginger	15 g	1 piece
Garlic	5 g	5 pods
Onion	130 g	3

White flour/Bengal gram dal		
flour	200 g	2 K
Oil (absorbed)	100 + 50 g	1 K
Turmeric	5 g	$\frac{3}{4}$ tsp
Chilli powder	5 g	$\frac{3}{4}$ tsp
Coriander powder	10 g	2 tsp
Salt	to taste	-
Water	600 ml	4 K

Method

Boil carrots and beans (or any other vegetable) with salt. Decant all the water and keep aside to use for making gravy. Add a little chilli powder, bengal gram dal flour to the vegetables and make into small balls (70). Fry the koftas in deep oil and keep aside.

Gravy : Grind onion, ginger and garlic. Fry in a little oil (about 50 g) till golden brown. Roast poppy seeds, sesame seeds and coconut and grind them. Add to browned onion mixture. Add chopped tomatoes and cook till all the moisture evaporates.

Add salt chilli powder, turmeric and coriander powder. Fry for a few seconds. Add the decanted water and boil for a few minutes. Lastly add koftas and let it simmer for a few seconds. Remove from the fire and add coriander leaves.

4.1.11 Vegetable Khorma

Ingredients	Weight	Measure/No.
Potatoes	500 g	5
Carrots	520 g	13
Beans	500 g	175
Tomatoes	300 g	7
Onion	150 g	3
Garlic	12 g	12 pods
Ginger	7 g	1 piece
Green chillies	10 g	10
Sesame seeds	25 g	1 tsp
Poppy seeds	15 g	4 tsp
Coconut (dry)	50 g	$\frac{1}{3}$
Cumin	5 g	1 tsp
Oil	100 g	$\frac{2}{3}$ K
Salt	to taste	-
Water	700 ml	4 $\frac{1}{2}$ K

Method

Roast and grind sesame seeds, poppy seeds, coconut and cumin and keep aside. Grind garlic, ginger and onion. Peel and cut vegetables. Chop tomatoes and green chillies.

Fry onion in oil till golden brown. Add nuts mixture. Fry for 1-2 minutes. Add tomatoes and cook till no moisture remains. Add all the other ingredients and simmer till the vegetables are cooked soft.

4.2 Dry Preparations

4.2.1 Beans and Potato

Ingredients	Weight	Measure/No.
French beans	800 g	275
Potato	260 g	3
Oil	75 g	½ K
Cumin	5 g	1 tsp
Coriander powder	15 g	2 tsp
Turmeric	5 g	¾ tsp
Chilli powder	10 g	1 tsp
Salt	to taste	-

4.2.2 Brinjal and Potato

Ingredients	Weight	Measure/No.
Brinjal (long)	1000 g	20
Potato	900 g	9
Oil	100 g	⅔ K
Coriander powder	20 g	3 tsp
Turmeric	8 g	1 tsp
Chilli powder	15 g	2 tsp
Onion	100 g	2
Salt	to taste	-

4.2.3 Capsicum and Potato

Ingredients	Weight	Measure/No.
Capsicum	900 g	30
Potato	800 g	8
Onion	225 g	4
Turmeric	5 g	¾ tsp
Chilli powder	5 g	¾ tsp
Coriander powder	15 g	2 tsp
Oil	75 g	½ K
Salt	to taste	-

4.2.4 Cauliflower and Carrot

Ingredients	Weight	Measure/No.
Cauliflower	410 g	2 (medium)
Onion	400 g	8

Carrot	500 g	12
Oil	75 g	½ K
Turmeric	5 g	¾ tsp
Chilli powder	5 g	1 tsp
Salt	to taste	-

4.2.5 *Dondakaya*

Ingredients	Weight	Measure/No.
Dondakaya	1480 g	150
Turmeric	7 g	1 tsp
Chilli powder	10 g	1 tsp
Oil	75 g	½ K
Onion	220 g	4
Salt	to taste	-

4.2.6 *Ladies Finger*

Ingredients	Weight	Measure/No.
Ladies fingers	1330 g	135
Oil	75 g	½ K
Turmeric	5 g	¾ tsp
Chilli powder	15 g	2 tsp
Coriander powder	15 g	2 tsp
Salt	to taste	-

4.2.7 *Pumpkin curry*

Ingredients	Weight	Measure/No.
Pumpkin	1880 g	1
Onion	400 g	8
Fenugreek seeds	5 g	1 tsp
Cumin	5 g	1 tsp
Turmeric	5 g	¾ tsp
Green chillies	20 g	20
Oil	75 g	½ K
Salt	to taste	-
Sounf (anise seeds)	5 g	1 tsp

4.2.8 *Ridge gourd*

Ingredients	Weight	Measure/No.
Ridge gourd	2020 g	40
Onion	535 g	10
Turmeric	5 g	¾ tsp
Chilli powder	10 g	1 tsp

Oil	75 g	½ K
Garam masala	10 g	2 tsp
Tomato	320 g	8
Salt	to taste	-

Method (Preparations 4.2.1 - 4.2.8 above)

Wash and cut the vegetables into small pieces. Heat oil and fry cumin or mustard or chopped onion as the case may be. Add the rest of the spices except garam masala.

Add the vegetable, cover the pan and cook on slow fire till the vegetable is soft and no liquid is left. Remove and sprinkle garam masala.

- Note:
- a) Destring the beans.
 - b) Peel the ridge gourd, potato and carrot.
 - c) Do not peel the pumpkin and dondakaya.
 - d) Wash and discard both ends of ladies fingers.

4.2.9 *Bhurtha*

Ingredients	Weight	Measure/No.
Big, round brinjal	1550 g	6 (big)
Onion	420 g	8
Tomato	295 g	7
Green chillies	10 g	10
Green coriander	10 g	3 bundles
Oil	100 g	¾ K
Chilli powder	5 g	¾ tsp
Garam masala	5 g	1 tsp
Salt	to taste	-

Method

Apply a little oil to the brinjal and roast over live charcoal or open flame, till fully cooked. Remove the skin, wash and mash.

Fry chopped onion and green chillies till slightly soft but not brown. Add chopped tomatoes and cook till no moisture is left. Add spices and mashed brinjal, cook (fry) for about seven minutes on slow fire, till the vegetable does not stick to the sides of the vessel and a little oil is separated. Sprinkle garam masala and chopped coriander leaves. Remove from the fire.

4.2.10 *Cabbage*

Ingredients	Weight	Measure/No.
Cabbage	1140 g	2
Onion	135 g	3

Mustard	5 g	½ tsp
Oil	75 g	½ K
Coconut	115 g	¾
Garlic	5 g	10 pods
Curry leaves	5 g	1 bunch
Green chillies	5 g	5
Salt	to taste	-

Method

Chop cabbage and steam it till cooked. In another pan fry mustard, garlic, green chillies and curry leaves. Add cooked cabbage and salt. Cook for a few minutes. Sprinkle grated coconut (fresh) and remove from the fire.

4.2.11 *Stuffed tomatoes*

Ingredients	Weight	Measure/No.
Tomatoes	450 g	11
Beans	90 g	30
Potato	280 g	3
Carrot	200 g	5
Bengal gram flour	70 g	1 K
Garam masala	5 g	1 tsp
Chilli powder	5 g	¾ tsp
Oil	40 g	10 tsp
Salt	to taste	--

Method

Wash and scoop the tomatoes. Chop all the vegetables and steam till they are well cooked. Mash and fry in a small amount of oil along with spices. Fill the tomatoes with the cooked vegetables. Make a thick batter with basen and close the opening in tomatoes with it. Apply little oil to the tomatoes. Either bake them in an oven or cook (fry) on slow fire in a pan with heavy cover.

4.2.12 *Vegetable cutlet*

Ingredients	Weight	Measure/No.
Vegetables	900 g	4 potatoes 6 carrots 100 beans
White flour	50 g	½ K
or egg	100 g	2

Oil (absorbed)	125 g	1 K
Bread crumbs	30 g	½ K
Green chillies	10 g	10
Green coriander	3 g	1 bunch
Garam masala	10 g	2 tsp
Onion	20 g	half
Salt	to taste	-

Method

Boil the vegetables and peel potatoes. Add chopped onions, green chillies and coriander leaves. Add salt, garam masala and mix by mashing the vegetables. Divide them into small portions (about 30) and flatten them or form any shape. Dip them in maida batter and fry or dip (one by one) in beaten egg, coat with bread crumbs and deep fry in hot oil. Serve hot.

4.2.13 Yam and fenugreek leaves

Ingredients	Weight	Measure/No.
Fenugreek leaves	350 g	30 bundles
Yam	1150 g	1 (medium)
Oil	75 g	¼ K
Coriander powder	15 g	2 tsp
Turmeric	5 g	¼ tsp
Chilli powder	10 g	1½ tsp
Salt	to taste	-

Method

Peel, wash and cut yam into small pieces. Clean and chop fenugreek leaves.

Fry yam in oil till golden brown. Add all other ingredients and cook on slow fire till the vegetable is soft and does not stick to the sides of the pan.

NUTRITIVE VALUE (PER SERVING) OF VEGETABLE PREPARATIONS

S.No.	Preparation	Wt. of cooked prepa- ration g	One Serving Weight g	Measure/ No.	Calo- ries Kcal	Pro- tein g	Carbo- hydrates g	Fat g	Cal- cium mg	Iron mg	Phos- phorus mg
4.1	Preparations with gravy										
4.1.1	Avial	3470	140	1 K	123	2.2	10.0	8.3	44.7	1.4	75
4.1.2	Baghara Baigan	2650	170	1 K	230	3.4	9.0	20.0	163.3	2.0	97
4.1.3	Chor-Chari	860	110	1 K	96	2.4	10.0	5.3	33.4	2.4	52
4.1.4	Mirchi Ka Salan	2200	95	1 K	89	1.5	9.0	7.7	56.7	0.7	46
4.1.5	Peas and Panir	1840	130	1 K	191	11.0	14.0	10.4	97.5	1.4	150
4.1.6	Peas and Potato curry	2850	135	1 K	132	3.2	13.0	6.4	23.6	1.5	71
4.1.7	Potato curry	285	110	¾ K	131	1.5	18.0	6.2	22.8	0.9	39
4.1.8	Potato stew	2425	160	1 K	130	1.8	21.0	4.9	10.4	0.8	50
4.1.9	Soup	2270	130	1 K	123	1.1	8.5	9.5	30.6	0.4	19
4.1.10	Veg. Kofta curry	2060(70)	145	1 K	217	3.9	20.0	13.7	139.7	2.2	233
4.1.11	Vegetable Khorma	2635	140	1 K	132	2.1	13.0	7.9	95.3	1.7	192

04792

NUTRITION



NUTRITIVE VALUE (PER SERVING) OF VEGETABLE PREPARATIONS (contd.)

S.No.	Preparation	Wt. of cooked prepa- ration g	One Serving Weight g	Measure/ No.	Calo- ries Kcal	Pro- tein g	Carbo- hydra- tes g	Fat g	Cal- cium mg	Iron mg	Phos- phorus mg
4.2 Dry preparations											
4.2.1	Beans and Potato curry	910	70	1 K	94	1.7	3.0	6.1	41.9	1.5	34
4.2.2	Brinjal and Potato	2090	130	1 K	134	1.7	17.0	6.7	21.1	1.2	62
4.2.3	Capsicum-Potato	1995	125	1 K	116	1.9	16.0	5.1	24.3	1.3	50
4.2.4	Cauliflower and Carrot Bhaji	1250	95	1 K	100	1.9	10.0	6.0	59.2	1.7	243
4.2.5	Dondakaya	1545	110	1 K	78	1.6	6.0	5.5	51.2	1.6	43
4.2.6	Ladies Fingers	775	140	1½K	226	5.5	17.0	15.0	184.6	4.4	161
4.2.7	Pumpkin Curry	2050	165	1 K	110	2.6	11.0	6.3	33.1	1.4	64
4.2.8	Ridge Gourd Curry	1980	155	1 K	97	1.8	6.0	7.3	62.9	3.0	62
4.2.9	Bhurtha	1375	100	¾ K	115	2.3	8.0	8.2	47.4	2.3	77
4.2.10	Cabbage	1220	100	1 K	131	2.3	7.0	10.3	48.1	1.1	73
4.2.11	Stuffed Tomato	1140(11)*	85	1	84	2.1	11.0	3.4	37.6	1.3	116
4.2.12	Vegetable Cutlets	900(30)	60	2	132	1.9	10.0	9.4	70.2	0.4	88
4.2.13	Yams and Fenu- greek Leaves	1520	100	1 K	121	2.2	16.0	5.4	136.7	4.5	45

* Figures in brackets indicate the number

5. SAVOURY SNACKS

5.1 Awal

Ingredients	Weight	Measure/No.
Pressed rice	200 g	2 K
Potatoes	150 g	2
Green chillies	5 g	5
Oil	30 g	7 tsp
Coconut	100 g	half
Green coriander	5 g	1 bunch
Onion	50 g	1
Lime juice	10 g	1
Mustard	1 g	a small pinch
Turmeric	1 g	a little
Sugar	7 g	1 tsp
Salt	to taste	-

Method

Boil potatoes, peel and cut them into small pieces. Chop onion, green chillies and coriander leaves. Clean and wash pressed rice.

Fry mustard in oil, add chopped onion, green chillies and fry till slightly brown. Add all the spices except coriander leaves. Add pressed rice and potatoes. Mix nicely and cook till the preparation becomes quite hot.

Add sugar and lime juice. Remove from the fire. Sprinkle shredded coconut and chopped coriander leaves for it.

5.2 Bajji (Pakora)

Ingredients	Weight	Measure/No.
Potatoes	300 g	4
Bengalgram flour	150 g	2 K
Oil (absorbed)	200 g	1½ K
Soda-bi-carb	0.5 g	a pinch
Red chilli powder	2 g	½ tsp
Salt	to taste	-
Water	100 ml	⅔ K

Method

Peel, wash and slice potatoes. Smear half of the salt and chilli powder and keep aside.

Make a batter with bengal gram flour, salt, chilli powder and soda. Dip potato slices, one by one and fry them in hot oil, till golden.

5.3 Basen-Ka-Pura

Ingredients	Weight	Measure/No.
Bengal gram dal flour	200 g	2½ K
Onions	75 g	2 (small)
Tomatoes	100 g	2 (big)
Green chillies	5 g	5
Green coriander	2 g	½ bunch
Oil	60 g	⅓ K
Salt	to taste	-
Water	60 ml	-

Method

Chop onions, tomatoes, green chillies and coriander leaves. Mix all the ingredients with basen and make a batter with water. Pour a ladleful of the mixture on greased hot tawa and spread. Cook it from both sides till brown, using a little oil.

5.4 Cashewnut cutlets

Ingredients	Weight	Measure/No.
Semoline (suji)	350 g	3 K
Cashewnuts	100 g	60
Milk	750 ml	1½ sachets
Green chillies	10 g	10
Salt	to taste	-
Oil (absorbed)	80 ml	½ K

Method

Mix suji, milk and salt and cook on slow fire till thick. Add chopped cashew nuts and green chillies. Divide them into small portions and flatten with palms. Deep fry them till golden brown.

5.5 Chat

Ingredients	Weight	Measure/No.
Greengram dal (with husk)	100 g	⅔ K
Blackgram dal (with husk)	100 g	⅔ K
Oil (absorbed)	73 g	½ K
Tamarind	100 g	TT ball size
Jaggery	100 g	a big piece

Curd	1325 g	2½ sachets
Red chilli powder	5 g	¼ tsp
Roasted cumin powder	10 g	2 tsp
Garam masala	5 g	1 tsp
Salt	to taste	-

Method

Pakories : Soak both the dals for 4-5 hours. Wash and remove the husk. Grind them to a very fine paste. Deep fry in small balls and soak in salted water. Squeeze out the water and keep them aside.

Chutney : Soak tamarind and jaggery separately in a little amount of water. Squeeze out the pulp of tamarind after 1-2 hours and strain the dissolved jaggery. Mix both of them and add all the spices.

Churn the curd, add a little salt and dip the dal pakories in it, spread tamarind chutney over them. Serve.

5.6 Cheese balls

Ingredients	Weight	Measure/No.
White flour	400 g	5 K
Cheese (grated)	200 g	1 K
Salt	to taste	-
Water	200 ml	1⅓ K
Oil (absorbed)	450 g	3 K

Method

Mix salt and water with the white flour and cook the mixture till thick. Grate the cheese, add to the mixture and make into small balls. Heat the oil and fry the balls till golden brown.

5.7 Dahi vada

Ingredients	Weight	Measure/No.
Black gram dal	200 g	1½ K
Coconut	100 g	½
Green chillies	7 g	7
Red chillies (whole)	1 g	2
Curry leaves	1 g	10
Green coriander	5 g	1 bunch
Oil (absorbed)	68 g	½ K
Salt	to taste	-
Curd (buffalo)	1000 g	2 sachets
Mustard	3 g	¼ tsp

5.7(a) Vada

Ingredients	Weight	Measure/No.
Black gram dal	200 g	1½ K
Green chillies	3 g	3
Curry leaves	1 g	10
Salt	to taste	-
Oil (absorbed)	44 g	⅓ K

Method

Soak black gram dal overnight and grind to a fine paste. Heat oil and fry small vadas with the dal. Churn the curd.

Grate coconut, chop green chillies, curry leaves, green coriander and add the whole thing along with salt to the curd. Add vadas also and season with mustard and red chillies.

Note: Vadas are consumed after frying as it is.

5.8 Masala vada

Ingredients	Weight	Measure/No.
Bengal gram dal	200 g	1½ K
Onions	100 g	2
Oil (absorbed)	35 g	9 tsp
Ginger	3 g	a small piece
Green chillies	3 g	3
Coriander leaves	1 g	½ bunch
Mint	1 g	½ bunch
Curry leaves	1 g	ten
Salt	to taste	-
Soda	0.5 g	a small pinch

Method

Soak dal for 4-5 hours. Keep about a tablespoonful of dal aside. Grind the rest of dal coarsely. Chop all spices and add to dal. Add one tablespoonful of dal too. Mix well and divide into small portions (20). Flatten with hand and fry till golden brown. Serve hot.

5.9 Dalia (salted)

Ingredients	Weight	Measure/No.
Broken wheat	100 g	⅔ K
Greengram dal	50 g	⅓ K
Vanaspati/Ghee	30 g	2 tbs
Water	600 ml	4 K
Salt	to taste	-

Method

Heat vanaspati/ghee and fry broken wheat and green gram dal till golden brown. Add water and cook till soft and semi solid. Add salt and serve hot.

It takes three minutes to cook in pressure cooker at 15 lbs pressure.

5.10 Dosa

Ingredients	Weight	Measure/No.
Raw rice	75 g	½ K
Parboiled rice	75 g	½ K
Black gram dal	50 g	⅓ K
Oil (absorbed)	23 g	6 tsp
Salt	to taste	-

Method

Soak rice and dal separately overnight. Grind and add salt. Mix both and keep for fermenting for 5-6 hours.

Heat an iron pan (tawa), smear with oil, pour a ladleful of the mixture, spread evenly and cook from both sides, using a little oil. Cook the entire mixture this way.

5.10(a) Masala Dosa

Ingredients	Weight	Measure/No.
Potatoes	200 g	2
Onions	75 g	2 (small)
Green chillies	4 g	4
Curry leaves	1 g	10 leaves
Mustard	1 g	a pinch
Green coriander	2 g	a small bunch
Turmeric	½ g	a pinch
Oil	20 g	5 tsp
Black gram dal	3 g	½ tsp
Bengal gram dal	3 g	½ tsp
Water	100 ml	⅔ K
Salt	to taste	-

Method

Boil, peel and cut potatoes, chop onions and green chillies. Splutter the mustard in hot oil. Add both grams and fry till brown.

Add onions, green chillies, curry leaves and cook for a few minutes, till onions are soft. Add all other ingredients and cook for a few minutes. Remove and add green coriander leaves.

Using plain dosa dough, cook dosa from one side, stuff with potato curry, roll fry it crisp and serve hot.

5.11 Onion Dosa

Ingredients	Weight	Measure/No.
Rice flour	100 g	1 K
Wheat flour	75 g	$\frac{3}{4}$ K
Bengal gram flour	15 g	1 tbs
White flour	50 g	$\frac{1}{2}$ K
Soda	0.5 g	a small pinch
Buttermilk (from 115 g curd)	375 g	2½ K ($\frac{3}{4}$ K curd)
Onions	125 g	3
Green chillies	5 g	5
Curry leaves	1 g	10 leaves
Mustard	1 g	a pinch
Oil (absorbed)	52 g	$\frac{1}{3}$ K

Method

Mix all the flours with salt and soda. Make a thin batter with the help of buttermilk. Fry the mustard in a teaspoonful of oil and add to the batter.

Chop onions, green chillies and curry leaves. Mix all and keep aside.

Heat a tawa and put a ladleful of batter and spread into a thin dosa. Spread a tablespoonful of onion mixture over it and turn the side. Cook for a few seconds and remove. Serve hot.

5.12 Idli

Ingredients	Weight	Measure/No.
Parboiled rice	150 g	1 K
Black gram dal	50 g	$\frac{1}{3}$ K
Salt	to taste	-

Method

Soak dal and rice separately for 5-6 hours. Grind rice (coarse) and dal (very smooth and fine), mix both, add salt and thoroughly mix again.

Keep mixture overnight for fermentation. Next day steam small portions (9) of the mixture in idli mould till set and cooked.

5.13 Kodai shooter kachori

Ingredients	Weight	Measure/No.
Fresh peas	125 g	1 K
White flour	140 g	1½ K

Vanaspati	20 g	1 tbsp
Mustard oil (absorbed)	80 g	½ K
Chilli powder	2 g	a pinch
Sugar	10 g	2 tsp
Cumin powder	2 g	a pinch
Asafoetida	0.5 g	a little
Salt	to taste	-
Water	to make dough	-

Method

Cook peas with salt, sugar, chilli powder and cumin powder in a little water till very soft. Mash them and keep aside.

Make a stiff dough with white flour, vanaspati and a little salt. Divide the dough into eight parts and fill each with a teaspoonful of peas. Close and flatten them. Fry in hot oil till golden brown. Serve hot.

5.14 Onion Pakori

Ingredients	Weight	Measure/No.
Onions	125 g	3
Bengal gram flour	100 g	1¼ K
Rice flour	20 g	1 tbsp
Oil (absorbed)	40 g	10 tsp
Salt	to taste	-
Ginger	3 g	a small piece
Curry leaves	1 g	10
Water	30 ml	2 tbsp (as required)

Method

Slice onions, chop curry leaves and ginger and mix all the ingredients together, except oil. Heat oil and fry small portions of the mixture till brown and crisp.

5.15 Potato Bonda

Ingredients	Weight	Measure/No.
Potatoes	300 g	4
Onions	150 g	3
Bengal gram flour	50 g	¼ K
Rice flour	10 g	1 tbsp
Oil (absorbed)	62 g	15 tsp
Soda	2 g	a pinch
Green chillies	4 g	4

Curry leaves	1 g	10
Turmeric	0.5 g	a small pinch
Mustard	2 g	a pinch
Asafoetida	0.5 g	a little pinch
Green coriander	2 g	½ small bunch
Water	30 ml	2 tbsp
Salt	to taste	--

Method

Boil, peel and break potatoes into small pieces (half mashed). Fry mustard in a teaspoonful of oil, add asafoetida, chopped chillies and coriander leaves and rest of the spices including salt. Add potatoes, mix well and cook for a few minutes.

Divide the mixture into small portions (12) make a batter with rice flour, bengal gram flour, soda, a little salt and water. Dip potato balls one by one in the batter and fry them in hot oil. Serve hot.

5.16 Sago vada

Ingredients	Weight	Measure/No.
Sago	215 g	1½ K
Potatoes	500 g	6
Oil (absorbed)	160 g	1 K
Groundnuts	70 g	½ K
Coriander leaves	1 g	½ small bundle
Salt	to taste	-
Green chillies	15 g	15
Water	100 ml	⅔ K

Method

Wash and soak sago in a little water for about an hour. There should be no water left after 1 hour. Boil, peel and mash potatoes. Grind groundnuts coarsely. Chop green chillies and coriander leaves. Mix all the ingredients together (except oil) and make into small flat balls (32). Fry them in hot oil and serve piping hot.

5.17 Samosa

Ingredients	Weight	Measure/No.
White flour	300 g	4 K
Potatoes	400 g	5
Green peas (shelled)	100 g	1 K
Green chillies	10 g	10
Coriander leaves	2 g	½ bundle

Dry mango powder	2 g	1/3 tsp
Garam masala	5 g	1 tsp
Vanaspati (for dough)	50 g	1/3 K
Oil (absorbed)	150 g	1 K
Salt	to taste	-

Method

Make a stiff dough with salt, vanaspati and white flour and keep aside.

Stuffing : Boil, peel and cut potatoes into small pieces. Boil the peas also. Chop green chillies and coriander leaves. Mix all the ingredients except oil. Fry them in about a tablespoonful of oil till slightly brown.

Divide dough into 12 portions (balls). Roll each portion into a thin chapati using a small amount of oil. Cut chapati into two and form two cones with the two halves. Stick the sides of cones with the help of a little water. Fill in about a tablespoonful of potato mixture. Close the cone with a little water and fry in hot oil on very slow fire till samosa is of golden colour. Serve hot.

5.18 Sandwiches

Ingredients	Weight	Measure/No.
Bread	600 g	32 slices
Butter	200 g	2 pkts.
Tomatoes	320 g	8
Mustard powder	2 g	a pinch
Pepper powder	2 g	a pinch
Salt	to taste	-

Method

Mix pepper and mustard powder with butter. Slice tomatoes and sprinkle salt over them. Trim the edges of the bread slices. Apply a thin layer of butter to the slices. Place three tomato slices over half of the bread slices. Cover them with the rest of the bread slices. Cut the double sandwiched slices into two pieces either triangular or straight strips. Keep them covered with a moist cloth till served.

5.19 Savian Upma

Ingredients	Weight	Measure/No.
Savian	200 g	2 K
Onion	70 g	2
Green chillies	5 g	5
Curry leaves	1 g	10
Mustard	0.5 g	a pinch

Turmeric	0.5 g	a pinch
Cashew nuts	25 g	ten
Oil	20 g	5 tsp
Lime juice	10 ml	2 tsp
Green coriander leaves	5 g	1 bunch
Sugar	7 g	1 tsp
Salt	to taste	-
Water	450 ml	3 K

Method

Heat oil, fry savian and remove. In the same oil, fry mustard chopped onion and green chillies till onions are soft cooked but not brown.

Add all other ingredients except lime juice and coriander leaves. Cook till savian are soft and all the water is absorbed. Savian should be discrete and not stick to each other. Add chopped coriander leaves and lime juice. Serve hot.

5.20 Upma

Ingredients	Weight	Measure/No.
Semolina (suji)	120 g	1 K
Onion	40 g	1
Black gram dal	5 g	1½ tsp
Bengal gram dal	5 g	1¼ tsp
Mustard	2 g	a pinch
Green chillies	3 g	2
Ginger	2 g	a small piece
Curry leaves	1 g	10
Cashew nuts	20 g	20
Oil	25 g	6 tsp
Salt	to taste	-
Water	375 g	2½ K
Coriander leaves	2 g	a bunch

Method

Heat oil and fry cashew nuts, remove and keep aside. Fry mustard then both dals and then chopped curry leaves, onion and green chillies in it.

Add chopped ginger along with salt and semolina. Fry for a few minutes. Add water and cook covered till the moisture is evaporated and semolina is cooked. Add cashew nuts and chopped coriander leaves. If liked, a little ghee can be added before serving. Serve hot.

5.21 Vegetable Puffs

Ingredients	Weight	Measure/No.
White flour	400 g	5 K
Butter/Vanaspati	200 g	2 pkts
Oil	10 g	3 tsp
French beans	210 g	70
Carrots	180 g	5
Egg	50 g	1
Salt	to taste	-
Black pepper	5 g	1 tsp

Method

Make a dry curry with beans and carrot. Make a stiff dough with white flour, salt and water. Melt vanaspati or butter and freeze it in ice. Divide into four.

Spread one fourth of the dough and spread 1/4 frozen butter or vanaspati over it. Cover it with another piece of dough and again spread butter till all the butter and dough are over. Sprinkle some dry flour over it and roll into thin chapati. Cut into small pieces (19). Stuff with vegetable mixture and fold the puff. Brush a little of beaten egg over it and bake at 350° F for about 120-30 minutes (till baked).

NUTRITIVE VALUE (PER SERVING) OF SAVOURY SNACKS

S.No.	Preparation	Wt. of cooked preparation g	One Serving Weight g	Measure/ No.	Calo- ries Kcal	Pro- tein g	Carbo- hydrates g	Fat g	Cal- cium mg	Iron mg	Phos- phorus mg
5.1	Awal (Pohe)	850	150	1½ K	298	3.7	41.0	13.1	33.2	7.7	144
5.2	Bajji or Pakora	550(76)*	58	8	280	3.8	17.0	22.0	15.7	1.7	66
5.3	Basen ka pura	607(6)	100	1	222	7.2	22.0	11.7	50.4	3.2	120
5.4	Cashewnut-cutlets	920(30)	60	2	198	3.8	22.0	10.5	65.8	0.8	97
5.5	Chat	2530(60)	192	5	218	6.6	25.0	10.0	196.8	3.6	170
5.6	Cheese balls	1100(80)	35	2	244	2.9	22.0	16.0	53.2	0.5	49
5.7	Dahi vada	1415(17)	166	2	343	11.3	31.0	19.2	286.4	2.6	273
5.7(a)	Vada	340(16)	43	2	138	6.1	15.0	5.9	40.1	2.3	98
5.8	Masala vada	400(20)	60	3	167	6.4	20.0	6.9	45.9	2.9	103
5.9	Dalia (salted)	665	140	1 K	166	5.1	21.0	6.8	16.5	1.9	107
5.10	Dosa	295(7)	84	2	254	6.2	42.0	6.9	2.6	2.8	120
5.10(a)	Masala dosa	680(7)	100	1	192	3.8	30.0	6.5	37.2	1.8	80
5.11	Onion dosa	655(9)	146	2	319	6.6	43.0	13.3	106.2	3.5	167
5.12	Idli	519(9)	170	3	229	7.2	49.0	0.4	30.0	3.5	135
5.13	Kodai shooter kachori	365(8)	90	2	383	6.2	33.0	25.1	20.2	1.5	89
5.14	Onion pakori	215(30)	60	8	242	6.6	25.0	12.8	82.0	3.0	120
5.15	Potato bonda	500(12)	83	2	199	5.9	20.0	10.8	33.3	1.7	111
5.16	Sago vada	865(32)	60	2	214	1.8	22.0	13.1	9.6	0.6	33
5.17	Samosa	1045(24)	65	1	207	2.5	21.0	12.6	5.8	0.7	32
5.18	Sandwiches	1000(30)	65	2	194	3.2	14.0	14.1	14.3	0.5	42
5.19	Savian upma	650	80	1 K	130	2.9	21.0	4.0	25.5	0.7	42
5.20	Upma	505	160	1½K	260	6.4	33.0	11.3	35.7	1.3	86
5.21	Vegetable puff	1060(19)	56	1	166	3.0	17.0	9.6	19.6	1.0	85

Figures in brackets indicate number.

6. SWEET SNACKS

6.1 Basen-kee-barfi

Ingredients	Weight	Measure/No.
Bengal gram flour	700 g	9 K
Powdered sugar	300 g	2 K
Vanaspati/Ghee	450 g	4½ K
Almonds	20 g	15
Pistachionut	10 g	12
Cardamom	1 g	10
Raisins	5 g	15

Method

Blanch almonds and pistachionut. Peel and slice them thinly. Peel and powder the cardamom seeds.

Fry bengal gram flour in ghee, on slow fire, till golden brown. Remove from the fire, add sugar and mix well.

Add nuts and cardamom and spread the whole mixture in a greased plate. When set, cut into small diamond-shaped pieces.

6.2 Chikki

Ingredients	Weight	Measure/No.
Groundnuts	450 g	3 K
Sugar	450 g	2¾ K

Method

Roast and peel the groundnuts. Melt sugar in a heavy vessel. Remove from the fire and add groundnuts. Mix well and put over a greased wooden board. Flatten with a greased rolling pin till about ¼" thick. Immediately cut into small pieces.

6.3 Dalia (sweet)

Ingredients	Weight	Measure/No.
Broken wheat	200 g	1¾ K
Vanaspati/Ghee	30 g	1 tbsp
Water	750 ml	5 K
Milk	500 ml	4 K
Sugar	200 g	1¾ K

Method

Fry broken wheat in vanaspati or ghee till slightly brown. Add water and cook for 3 minutes at 15 lbs pressure. Open the pressure cooker and add milk and sugar. Cook till semi-solid.

6.4 Fruit Cake

Ingredients	Weight	Measure/No.
White flour	200 g	2½ K
Ghee/Vanaspati/Butter	200 g	2 K
Sugar	200 g	1½ K
Eggs	200 g	4
Raisins/Sultanas	50 g	150
Baking powder	5 g	1½ tsp

Method

Blend sugar and butter till the mixture is white. Beat white of egg stiff and keep aside. Beat yolk of egg. Add white flour and yolk of egg turn by turn to the butter-sugar mixture. Mix baking powder to the last table spoonful of white flour and add to the mixture. Lastly, add white of egg and mix it by cutting and folding method.

Grease a mould, put a tablespoon of white flour and tilt the vessel around in such a manner that white flour sticks to it. Add half of the mixture and then spread raisins over it. Then pour the rest of the mixture. Bake it at 350° F for 30-40 minutes till cake is baked. To find out if cake is baked pierce a knitting needle into it after 1/2 hour; nothing sticks to it, if baking is completed.

6.5 Jam tart

Ingredients	Weight	Measure/No.
White flour	300 g	3¾ K
Vanaspati/Ghee/Butter	150 g	1½ K
Jam	100 g	10 tbsp
Sugar	50 g	⅓ K
Baking powder	1 g	a pinch

Method

Mix all ingredients except jam. Roll in a big chapathi and cut into small round pieces (18). Place the pieces in queen cake moulds and put a teaspoonful of jam in each piece.

Bake at 350° F for 10 minutes till the tarts are baked.

6.6 Lemon Tart

Ingredients	Weight	Measure/No.
White flour	350 g	4½ K
Ghee/Vanaspati/Butter	150 g	1½ K

Sugar	200 g	1½ K
Milk	250 g	1¾ K
Corn flour	25 g	2 tbsp
Lime juice	20 ml	4 tbsp
Salt	a pinch	
Baking powder	a pinch	

Method

Make a dough with white flour, butter, salt, baking powder, sugar and a little water (if required). Roll into a thin chapathi and cut into small round pieces (18). Place the pieces in queen cake moulds.

6.7 Nut Biscuits

Ingredients	Weight	Measure/No.
White flour	300 g	3¾ K
Sugar powder	100 g	¾ K
Vanaspati/Ghee/Butter	200 g	2 K
Cashewnuts	40 g	65
Baking powder	2 g	a pinch
Salt	1 g	a pinch

Method

Cut cashewnuts into tiny bits. Mix all the ingredients and roll into a thin chapathi. Cut in any shape required and bake at 300° F for 10 minutes.

6.8 Rice Puttu

Ingredients	Weight	Measure/No.
Rice	125 g	1 K
Jaggery	100 g	1 medium piece
Cardamom	0.5 g	5
Coconut scrapings	20 g	4 tsp
Vanaspati/ghee	10 g	2½ tsp
Water	75 ml	½ K

Method

Soak, drain and grind rice, into a coarse powder. Add water and steam it in bamboo cylindrical moulds. Soak jaggery in a little water till it melts, then strain. Serve puttu with ghee and jaggery syrup and garnish with grated coconut.

6.9 Sandesh

Ingredients	Weight	Measure/No.
Cow's milk or	1000 g or	2 sachets or
Panir	150 g	1 K
Sugar	75 g	½ K
Citric acid or whey to make panir	3 g	½ tsp
Orange peel oil	a few drops	

Method

Boil milk, add whey or citric acid to break the milk. Strain and remove panir. Put in a thick bottomed vessel, keep on fire and mash with a ladle. Add sugar and cook for a few minutes. Remove from the fire, squeeze the orange peel to extract oil in the sandesh. Mix, spread on a greased plate and cut into pieces (10) of required shape.

6.10 Queen Cakes

Ingredients	Weight	Measure/No.
White flour	200 g	2½ K
Sugar	200 g	1⅓ K
Eggs	200 g	4
Vanaspati/Ghee/Butter	200 g	4 K
Baking powder	4 g	1 tsp
Vanilla	5 g	1 tsp
Salt	2 g	½ tsp

Method

Separate white of egg and beat it stiff. Keep aside. Beat yolk of egg.

Sieve white flour and salt together. Beat sugar and butter together till mixture becomes white. Add yolk of egg and white flour alternately till one tablespoonful of white flour is left.

Mix baking powder to the white flour and add to the mixture. Mix well. Add vanilla and white of egg (beaten stiff) and mix by cut and fold method.

Grease queen cake paper moulds. Pour the mixture and bake at 350° F for about 10-15 minutes till done.

NUTRITIVE VALUE (PER SERVING) OF SWEET SNACKS

S.No.	Preparation	Wt. of cooked preparation g	One Serving Weight g	Measure/ No.	Calo- ries Kcal	Pro- tein g	Carbo- hydrates g	Fat g	Cal- cium mg	Iron mg	Phos- phorus mg
1.	Basen-kee-barfi	1195(20)*	60	1 big piece	405	7.6	35.0	25.4	23.0	3.3	124
2.	Chikki	900(30)	60	2 pieces	290	8.0	37.0	12.0	23.1	0.9	111
3.	Dalia (sweet)	1690	145	1 K	211	4.2	32.0	7.4	115.2	0.9	119
4.	Fruit cake	775	50	1 piece	273	3.3	31.0	15.1	13.9	0.9	48
5.	Jam tart	590(18)	35	1 piece	331	2.0	60.0	9.1	4.1	0.4	22
6.	Lemon tart	1000(18)	56	1 tart	204	2.8	28.0	9.2	22.6	0.6	38
7.	Nut biscuits	640(32)	40	2 Nos.	218	2.6	21.0	13.8	5.6	0.6	34
8.	Rice puttu	355	100	1 K	280	2.8	55.0	5.4	26.6	4.3	81
9.	Sandesh	220(10)	44	2 pieces	140	5.5	9.0	9.0	90.0	-	79
10.	Queen cakes	680(18)	40	1 cake	214	2.9	20.0	13.4	9.8	1.7	26

* Figures in brackets indicate the number.

7. PUDDINGS AND DESSERTS

7.1 Blanch Mange

Ingredients	Weight	Measure/No.
Milk	1000 ml	2 sachets
Sugar	200 g	1¼ K
Corn flour	100 g	5 tbsp
Vanila essence	5 ml	1 tsp
Two colours	a few drops	

Method

Heat milk and sugar. Add essence. Mix cornflour in a little amount of cold milk. Add about 2 tbsp. of hot milk to it and add this mixture to boiling milk. It should get thickened after one or two balls. Divide into three portions.

Add two different colours to two portions of the mixture. Then pour them one by one in the mould and keep in the refrigerator. When set, turn in a serving dish and serve. It will have three layers of different colours.

Note: Instead of colour, cocoa can be used and it will then be called chocolate blanch mange.

7.2 Bread pudding

Ingredients	Weight	Measure/No.
Bread	255 g	10 slices
Milk	1500 ml	3 sachets
Sugar	300 g	2 K
Eggs	285 g	6
Butter	100 g	1 pkt
Raisins	70 g	210
Vanilla essences	5 g	1 tsp

Method

Trim and remove the edges of bread slices before buttering them. Keep the buttered side facing downwards in the mould in which pudding is to be baked. Beat the eggs, add sugar, milk and vanilla essence, mix well. Spread raisins on the bread slices and then add egg and milk mixture. Keep them aside for 10-15 minutes. Bake in hot oven at 350°F for about 20 minutes. Serve it cold.

7.3 Caramelised custard

Ingredients	Weight	Measure/No.
Milk	500 ml	1 sachet
Sugar	200 g	1¼ K
Eggs	250 g	5
Vanilla essence	5 g	1 tsp

Method

Beat the eggs, add half of the sugar, milk and vanilla and mix well. Put rest of the sugar in a pudding mould. Keep on slow fire, till it melts. Tilt the vessel around in such a manner that whole of the melted sugar coats the bottom and sides of the mould. Keep the bottom of the mould in cold water till sugar starts cracking. Remove, add the milk mixture and then either steam or bake the pudding till it sets. Serve it cold.

7.4 Double-kaa-Meetha

Ingredients	Weight (g)	Measure/No.
Bread	350 g	14 slices
Milk	1 lit	2 sachets
Khoa	100 g	1 K
Ghee (absorbed)	300 g	2 K
Cashewnuts	100 g	60
Raisins	100 g	300
Cardamom	0.5 g	5
Sugar	250 g	1¼ K
Yellow colour	0.25 g	a pinch
Water	500 ml	3½ K

Method

Make a thin syrup with sugar and water. Add yellow colour. Fry bread slices in ghee and add to hot syrup and boil for 2-3 minutes.

Add powdered cardamom to hot milk and pour over the bread. Heat for 2-3 minutes. Crumple the Khoa and spread over the pudding. Sprinkle fried nuts and serve warm.

7.5 Floating Island

Ingredients	Weight	Measure/No.
Milk	1 lit	2 sachets
Eggs	190 g	4



Sugar	125 g	1 K
Custard powder	20 g	1 tbsp
Vanilla essence	5 g	1 tsp

Method

Separate the white of egg and beat till it is fluffy and hard. Boil milk and sugar together in a broad pan.

Put white of egg in boiling milk and turn its side so that it gets cooked from both sides (this hardly takes a few seconds). Remove and keep in the vessel in which pudding is to be served.

Make a paste of custard powder and yolk of egg. Add a little cold milk and then hot milk to make it into a cup of mixture. Pour it in boiling milk (in which white of egg was cooked) and cook for a few minutes. Remove and pour it around the white of egg so that white of egg floats in it. Serve it cold.

7.6 Halwa (Kesari)

Ingredients	Weight	Measure/No.
Semolina (suji)	115 g	1 K
Sugar	130 g	1 K
Vanaspati or ghee	75 g	½ K
Water	450 ml	3 K
Cardamom	1 g	10
Cashewnuts	20 g	12

Method

Boil water and sugar for a few seconds and keep aside. Fry semolina in ghee till golden brown. Add hot syrup and cook till halwa does not stick to the sides of the pan. Powder cardamom seeds and chop cashewnuts. Add this to the halwa and remove from the fire. Serve hot.

7.7 Jelly with custard

Ingredients	Weight	Measure/No.
Gelatin	200 g	1 pkt.
Sugar	100 g	2/3 K
Milk	500 ml	1 sachet

Custard powder	110 g	6 tbsp
Water	550 ml	3½ K

Method

Dissolve the gelatin in 200 ml boiling water. Add cold water to make up 550 ml. Put it in a mould and keep in freezer till it sets. Remove and put it in the refrigerator.

Boil sugar and milk together. Dissolve custard powder in a little cold milk. Add some hot milk to bring up the temperature. Add this to the boiling milk and continue stirring till custard becomes thick. Serve it cold with jelly.

7.8 Payasam (Kheer)

Ingredients	Weight	Measure/No.
Greengram dal	250 g	1½ K
Jaggery	330 g	a big piece
Raisins	50 g	150
Cashewnuts	50 g	30
Milk	400 ml	2½ K
Coconut milk	300 ml	2 K
Cardamom	1 g	10
Dry coconut	25 g	a piece
Water	500 ml	3 K

Method

Roast green gram dal and cook with water till semi-solid. Add milk and coconut milk, fried nuts and powdered cardamom. Boil once and remove from the fire. Make a syrup of jaggery, strain and add to the cooked green gram dal. Serve it warm.

7.9 Pooran poli

Ingredients	Weight	Measure/No.
Wheat flour	150 g	1½ K
Bengal gram dal	200 g	1½ K
Sugar	250 g	1½ K
Cardamom	1 g	10
Ghee	75 g	½ K
Oil	35 g	9 tsp
Salt	3 g	¼ tsp
Water	450 ml	3 K

Method

Knead flour with 3 tsp of oil, salt and a little water. Apply 4 tsp of oil to the dough and keep it aside. Cook bengal gram dal till very soft. Mash it with a wooden spoon or grind with mortar and pestle. Add sugar and powdered cardamom. Cook till all the moisture is absorbed. Divide dough into small portions (12) and fill them up with small amounts of dal mixture. Roll each ball into a thin chapati using some ghee and fry it on tawa just like an ordinary paratha. Serve hot.

7.10 Savian

Ingredients	Weight	Measure/No.
Vermicelli	285 g	2 K
Sugar	200 g	1¼ K
Ghee	100 g	2/3 K
Cashewnuts	50 g	30
Raisins	30 g	90
Water	500 ml	3½ K

Method

Melt ghee in a pan. Fry cashewnuts and raisins and keep them aside. Then fry vermicelli till brown. Add water and cook till water is absorbed and savian are soft. Add sugar and cook for a few more minutes. Remove and add fried cashewnuts and raisins. Serve hot.

7.11 Steam cake

Ingredients	Weight	Measure/No.
White flour	300 g	4½ K
Salt	5 g	1/2 tsp
Sugar	300 g	2 K
Egg	285 g	six
Vanaspati (melted)	300 g	2 K
Coconut (dry) powder	120 g	¾
Baking powder	10 g	2 tsp

Golden syrup

Water	500 ml	3½ K
Corn flour	3 g	1 tsp
Sugar for syrup	500 g	3 K
Lime		a piece

Method

Mix sugar and vanaspati well so that it becomes white, and no sugar grains are left. Add beaten egg, baking powder, white flour, essence and salt. Mix well, pour in mould, steam till set. To test, pierce with knitting needle and see that nothing sticks to it.

Golden syrup

Put sugar in a dry vessel and keep on fire. When it becomes golden after melting, add water and a piece of lime. Boil it twice, remove the lime and again boil it for a few minutes. Add a teaspoonful of cornflour mixed in water and boil once. Serve the cake with syrup.

7.12 Suji Payasam

Ingredients	Weight	Measure/No.
Semoline (suji)	200 g	1⅓ K
Milk	2000 ml	4 sachets
Sugar	125 g	1 K
Ghee	20 g	6 tsp
Cashewnuts	50 g	30
Raisins	50 g	150
Cardamom	1 g	10

Method

Roast semoline till golden brown. Cook with milk till grains are cooked and it becomes semi-solid. Fry cashewnut pieces and raisins in ghee. Powder cardamom seeds. Add all these to the payasam along with left over ghee. Serve warm.

7.13 Srikhand

Ingredients	Weight	Measure/No.
Curd (curd cheese 935)	3000 ml	6 sachets milk
Sugar	400 g	2⅔ K
Cardamom	1 g	10
Saffron	0.25 g	a small pinch
Edible yellow colour	0.5 g	a pinch

Method

Put the curd in a thick cloth bag and hang it overnight till all the water is drained. Sieve the curd cheese through a fine sieve and add powdered sugar. Mix it well. Soak saffron in a little water, powder cardamom and add these to the srikhand. If required, add a little yellow colour to give an attractive look. Serve cold.

7.14 Walnut pudding

Ingredients	Weight	Measure/No.
Sugar	200 g	1½ K
Milk	1000 ml	2 sachets
Walnut kernels	190 g	2 K
Eggs	300 g	6

Method

Crush the walnut kernels. Beat the egg. Mix all the ingredients and put in mould. Bake or steam the pudding till it sets. Serve cold.

NUTRITIVE VALUE (PER SERVING) OF SWEET SNACKS

S.No.	Preparation	Wt. of cooked preparation g	One Serving Weight g	Measure/ No.	Calo- ries Kcal	Pro- tein g	Carbo- hydrates g	Fat g	Cal- cium mg	Iron mg	Phos- phorus mg
7.1	Blanch mangle	940	100	$\frac{2}{3}$ K	195	4.6	34.0	4.5	130.1	0.5	109
7.2	Bread pudding	2050	125	1 K	260	6.5	23.1	11.2	125.6	1.0	124
7.3	Caramalised custard	950	100	1 K	165	5.2	23.0	5.7	78.9	0.7	105
7.4	Double kaa meetha	2500	105	1 K	276	4.1	24.0	17.7	85.3	1.1	78
7.5	Floating island	1135	95	1 K	131	5.0	15.1	5.6	110.4	0.5	112
7.6	Halwa	533	100	$\frac{3}{4}$ K	322	2.2	42.0	15.9	4.1	1.1	48
7.7	Jelly and custard	1850	100	1 K	104	4.2	19.0	1.2	33.8	0.2	32
7.8	Payasam	1905	150	1 K	332	8.0	45.0	13.4	81.7	5.6	198
7.9	Pooran poli	855(12)*	71	1	270	4.9	39.5	10.3	15.5	3.9	108
7.10	Savian	1240	110	1 K	249	3.2	34.0	11.1	9.8	1.1	39
7.11	Steamed cake	1500	85	$\frac{1}{2}$ K	348	4.5	33.0	22.3	18.5	2.4	112
7.12	Suji payasam	2330	150	1 K	267	8.2	27.1	14.2	33.2	0.7	47
7.13	Srikhand	1340	100	$\frac{1}{2}$ K	382	9.6	41.0	19.7	470.2	0.2	291
7.14	Walnut pudding	1470	100	$\frac{3}{4}$ K	224	6.9	18.0	13.8	106.8	1.2	155

* Figures in brackets indicates number

8. NON-VEGETARIAN PREPARATIONS

8.1 Dam-kaa-chicken

Ingredients	Weight	Measure/No.
Chicken	950 g	1
Curd	200 g	1½ K
Onions	180 g	4
Oil	100 g	¾ K
Garlic	12 g	15 pods
Ginger	7 g	a piece
Coriander	15 g	2 tsp
Cumin	5 g	1 tsp
Dry coconuts	50 g	1/3
Green chillies	5 g	5
Poppy seeds	15 g	4 tsp
Sesame seeds	25 g	8 tsp
Salt	to taste	

Method

Apply curd and salt to chicken pieces and keep aside. Roast separately coriander, cumin, coconut, poppy seeds and sesame. Powder them. Grind garlic and ginger separately. Heat oil and fry ginger and garlic paste. Then fry sliced onion till half done. Add powdered masala and stir for a few seconds.

Add chicken and whole green chillies. Cook on slow fire till all the moisture evaporates. Fry for a few minutes so that the pieces become brown. Remove from the fire. If required, garam masala and green coriander can be sprinkled over it.

8.2 Fillet of fish

Ingredients	Weight	Measure/No.
Maral fish	580 g	1 (big)
Oil (absorbed)	115 g	¾ K
Egg	48 g	1
White flour	50 g	1/2 K
Tomato sauce	30 g	3 tbsp
Chilli powder	10 g	2 tsp
Bread crumbs	155 g	1 K
Salt	to taste	-
Lime juice	10 ml	1 lime (small)

Method

Clean fish, removing all the bones. Cut in big slices. Smear salt and lime juice. Keep for about ten minutes. Then wash it thoroughly and squeeze out all the water. Beat the egg and add all the ingredients except bread crumbs to it (no salt) and mix. Apply the mixture to fish slices, roll in fine bread crumbs and fry in hot oil.

8.3 Fish cutlets

Ingredients	Weight	Measure/No.
Cleaned fish (maral)	910 g	2 (big)
Onions	50 g	1
Ginger	20 g	a piece
White flour	230 g	3 K
Green chillies	to taste	-
Salt	to taste	-
Oil (absorbed)	140 g	1 K
Bread crumbs	200 g	1½ K
Water/Milk	150 ml	1 K

Method

Steam fish and remove the skin and bones. Mash it. Add chopped onion, ginger, green chillies and salt. Mix it nicely and then divide into small portions (31). Flatten the portions with palms.

Make a paste of white flour and a little water or milk and dip the fish cutlets in it, roll them in bread crumbs and deep fry in hot oil. Serve hot.

Note:

Another way of making fish cutlets is to prepare a small amount of white sauce (fry maida in butter, add milk and cook for a few minutes) and add it to fish mixture.

Mix well, divide into small portions and flatten them. Then dip in beaten egg, roll in bread crumbs and fry in hot oil.

8.4 Fried Fish

Ingredients	Weight	Measure/No.
Pomfret fish	890 g	5
Bengal gram flour	100 g	1 K
Red chilli powder	5 g	¼ tsp
Oil	100 g	2/3 K
Tomato ketchup (optional)	30 g	3 tbsp
Salt	to taste	

Method

Clean, cut and wash fish. Apply salt and wash again and set aside. Mix rest of the ingredients and make a paste. Apply the paste to fish pieces and fry them in hot oil.

8.5 Fish Jhol

Ingredients	Weight	Measure/No.
Fish (clean)	700 g	3
Mustard oil	40 g	10 tsp
Green chillies	30 g	30
Mustard seeds	5 g	½ tsp
Turmeric	1 g	a pinch
Salt	to taste	-
Sugar	3 g	½ tsp
Water	200 ml	1⅓ K

Method

Heat oil and add mustard. Wait for it to splutter. Then add all other ingredients and cook on slow fire till fish is cooked.

8.6 Irish stew

Ingredients	Weight	Measure/No.
Carrots	500 g	12
French beans	400 g	135
Onions	310 g	6
Potatoes	750 g	8
Mutton	480 g	1 leg (small)
Ginger	20 g	a big piece
Green chillies	30 g	30
Cloves	1 g	12
Cinnamon	2 g	4 pieces
Corn flour	20 g	4 tsp
Butter	130 g	1⅓ pkt
Milk	500 ml	1 sanchet
Salt	to taste	-
Water	1 lit	7 K

Method

Peel, wash and cut into big pieces all the vegetables. Then boil them along with mutton and spices at 15 lbs. pressure for 10 minutes. Fry cornflour in butter, add milk and cook till raw flavour disappears. Add cooked vegetables. Boil and serve hot.

8.7 Liver do piazza

Ingredients	Weight	Measure/No.
Liver	600 g	2 big pieces
Onions	350 g	7

Tomatoes	280 g	7
Turmeric	2 g	a pinch
Chilli powder	5 g	¾ tsp
Oil	75 g	1/2 K
Garam masala	5 g	1 tsp
Coriander leaves	10 g	2 bunches
Salt	to taste	-
Green chillies	5 g	5

Method

Wash and cut liver into small pieces. Chop onions and half cook them in oil. Add chopped tomatoes turmeric, green chillies and cook for two or three minutes.

Add liver, and rest of the spices and cook on slow fire till liver is cooked and no water is left in the preparation. Sprinkle chopped green coriander leaves and remove from the fire.

8.8 Mutton ball curry

Ingredients	Weight	Measure/No.
<i>For balls</i>		
Minced mutton	440 g	3 K
Onions	160 g	3
Green chillies	20 g	20
Ginger	15 g	1 piece
Coriander leaves	15 g	3 bunches
Salt	to taste	
Bengal gram dal flour	50 g	1/3 K
Garam masala	5 g	1 tsp

Gravy

Sesame seeds	25 g	8 tsp
Poppy seeds	20 g	5 tsp
Fresh coconut	75 g	1/2
Ginger	15 g	a piece
Garlic	15 g	15 pods
Chilli powder	10 g	2 tsp
Turmeric	5 g	1 tsp
Tomato	320 g	8
Onions	230 g	5
Pepper	5 g	1 tsp
Salt	to taste	-
Oil	75 g	1/2 K
Water	1 lit	7 K

Method

Chop onions and green chillies and mix all the ingredients for making the balls. Make small balls (60) and steam them for about half an hour so that they get bound and meat gets cooked.

Gravy

Grind ginger, garlic and onion finely. Roast sesame seeds, poppy seeds and coconut and grind them also. Fry onion mixture till golden brown. Add nuts powder and fry for a while.

Add chopped tomatoes and cook till the moisture is evaporated. Add the rest of spices and water. Simmer it for about 10 minutes. Add mutton balls and cook for about ten more minutes.

8.9 Prawn do piazza

Ingredients	Weight	Measure/No.
Prawns (cleaned)	1000 g	100
Onions	250 g	5
Ginger	30 g	a big piece
Garlic	55 g	50 pods
Tomato	570 g	14
Oil	75 g	1/2 K
Chilli powder	10 g	1½ tsp
Turmeric	5 g	¾ tsp
Salt	to taste	-
Garam masala	10 g	2 tsp

Method

Devein the prawns. Wash them properly and keep aside. Chop onions, ginger, garlic and green chillies.

Blanch the tomatoes and chop after removing the skin. Heat oil, add chopped ingredients except tomatoes. Fry for a few seconds, when onions become soft, add tomatoes and cook for a few minutes. Then add dry spices and prawns and allow them to be well cooked in their own moisture on slow fire. The masala should be mashed well.

8.10 Prawn curry

Ingredients	Weight	Measure/No.
Prawns	1000 g	100
Sesame seeds	30 g	10 tsp
Poppy seeds	20 g	5 tsp
Dried coconut	75 g	1/2

Onions	150 g	3
Ginger	35 g	a piece
Garlic	25 g	25 pods
Turmeric	5 g	1 tsp
Tomatoes	300 g	6
Chilli powder	10 g	1½ tsp
Oil	75 g	½ K
Salt	to taste	-
Water	400 ml	3 K

Method

Devein and clean prawns. Roast the nuts and grind them. Grind ginger and garlic and keep aside. Grind or chop onions.

Fry ginger and garlic till brown. Add onions and fry till golden brown. Add ground sesame, poppy seeds and coconut and dry masala and mix well.

Then add prawns and water and cook till prawns are soft (pressure cooked at 15 lbs pressure, it takes two to three minutes to cook).

NUTRITIVE VALUE (PER SERVING) OF NON-VEGETARIAN PREPARATION

S.No.	Preparation	Wt. of cooked preparation g	One Serving Weight g	-Measure/ No.	Calo- ries Kcal	Pro- tein g	Carbo- hydrates g	Fat g	Cal- cium mg	Iron mg	Phos- phorus mg
8.1	Dam-ka-chicken	1320	125	1 K	257	25.7	4.0	15.3	149.1	1.0	283
8.2	Fish cutlets	1240(31)*	80	2 Nos.	190	14.4	12.0	9.4	26.1	1.2	174
8.3	Fillet of fish	770(13)	115	2 pieces	358	18.6	22.0	22.0	492.0	1.4	335
8.4	Fried fish	810(19)	85	2 big pieces	218	18.2	6.0	12.3	198.5	1.8	310
8.5	Fish jhol	900	110	1 K	141	17.6	12.0	2.5	176.9	8.4	244
8.6	Irish stew	3810	150	1 K	140	5.3	13.0	7.6	86.4	1.6	174
8.7	Liver do piazza	775	140	1 K	330	22.3	11.0	21.9	66.8	7.6	462
8.8	Mutton ball curry	1500(60)	145	1 K(6)	237	10.2	10.0	17.6	167.0	2.6	143
8.9	Prawn do piazza	1085	115	¾ K	206	21.7	9.0	9.3	388.8	6.3	345
8.10	Prawn curry	1690	145	1 K	219	18.4	22.0	6.5	389.3	5.4	299

* Figures in brackets indicate number

9. CHUTNEYS

9.1 Coconut chutney

Ingredients	Weight	Measure/No.
Coconut	200 g	1½
Roasted Bengal gram dal	20 g	2 tbsp
Curd	110 g	¼ K
Oil	5 g	1 tsp
Green chillies	5 g	5
Mustard	2 g	a pinch
Dry chilli	1 g	2
Bengal gram dal	2 g	½ tsp
Black gram dal	2 g	½ tsp
Curry leaves	1 g	10
Salt	to taste	--

Method

Scrape the coconut and grind it along with roasted bengal gram dal, green chillies and salt. Fry mustard, both dals, red chillies and curry leaves (in that order) in the oil and season the chutney.

Add beaten curd, mix well and serve with any of the dishes such as dosa, vada, idli etc.

9.2 Coriander chutney

Ingredients	Weight	Measure/No.
Coriander leaves	20 g	7 bundles
Coconut fresh	100 g	2/3
Green chillies	20 g	20
Lime juice	10 ml	2 tsp
Water	50 ml	1/3 K
Salt	to taste	-

9.3 Groundnut chutney

Ingredients	Weight	Measure/No.
Roasted groundnuts	200 g	2 K
Garlic	5 g	10 pods
Green chillies	20 g	20
Lime juice	10 ml	2 tsp
Water	125 ml	1 K
Salt	to taste	-

9.4 Mint chutney

Ingredients	Weight	Measure/No.
Mint	40 g	8 bundles
Onion	120 g	2½
Green chillies	20 g	20
Dried pomegranate seeds	10 g	2 tsp
Water	40 ml	1/4 K
Salt	to taste	--

Method (9.2 - 9.4)

Clean and chop the vegetables. Grind all the ingredients till very smooth.

9.5 Instant chutney

Ingredients	Weight	Measure/No.
Roasted bengal gram dal	50 g	1/3 K
Curry leaves	1 g	10
Coriander leaves	3 g	1 bundle
Green chillies	2 g	2
Red chillies	½ g	1
Mustard	2 g	a pinch
Salt	to taste	-
Oil	10 g	2 tsp
Curd	85 g	1/2 K
Water	38 ml	1/4 K

Method

Powder roasted bengal gram dal, grind green chillies, curry leaves and coriander leaves. Mix with bengal gram dal, powder.

Season with fried mustard and red chilli whole. Add salt, curd, water and mix. It can be served with any of the dishes like dosa, idli, vada etc.

9.6 Tamarind chutney

Ingredients	Weight	Measure/No.
Tamarind (pulp 25 g)	50 g	1 TT ball size
Jaggery	120 g	1 big piece
Roasted cumin seeds	3 g	1/2 tsp
Kala namak	3 g	1/2 tsp
Red chilli powder	3 g	1/2 tsp
Salt	to taste	-

Method

Soak tamarind and jaggery in water for 3-4 hours. Squeeze out the pulp. Add all the spices and cook till the pulp becomes semi-solid. Remove, cool and serve.

9.7 Tomato chutney

Ingredients	Weight	Measure/No.
Tomato	220 g	6
Oil (mustard)	10 g	2 tsp
Jaggery	10 g	a piece
Raisins	20 g	60
Punch foran	5 g	1 tsp
Salt	to taste	-
Water	75 ml	1/2 K

Method

Chop the tomatoes. Heat oil, add tomatoes along with all other ingredients. Cook for a few minutes and remove.

NUTRITIVE VALUE (PER SERVING) OF CHUTNEYS

S.No.	Preparation	Wt. of cooked preparation g	One Serving Weight g	Measure/ No.	Calo- ries Kcal	Pro- tein g	Carbo- hydrates g	Fat g	Cal- cium mg	Iron mg	Phos- phorus mg
9.1	Coconut chutney	475	55	12 tbsp.	125	2.0	6.0	10.4	23.0	0.6	76
9.2	Coriander chutney	200	20	1 tbsp.	47	0.6	1.7	4.2	6.0	0.6	27
9.3	Groundnut chutney	350	20	1 tbsp.	66	3.0	3.1	4.6	9.6	0.4	45
9.4	Mint chutney	225	18	1 tbsp.	7	0.3	1.5	0	11.4	0.6	8
9.5	Instant chutney	185	35	1 tbsp.	62	2.6	6.0	3.0	29.1	0.9	47
9.6	Tamarind chutney	200	20	1 tbsp.	65	0.2	13.8	0	17.0	1.7	10
9.7	Tomato chutney	300	50	½ K	32	0.9	5.0	0.9	21.6	0.6	11

10. READY TO USE CONDIMENTS

10.1 Panch foran

Ingredients

Sounf	75	g
Methi	75	g
Cumin	50	g
Kalounji	50	g
Radooni	75	g

10.2 Garam masala

Ingredients

Big cardamom seeds	100	g
Black pepper	225	g
Cumin	225	g
Coriander seeds	225	g
Cinnamon	15	g
Cloves	5	g

10.3 Sambar masala

Ingredients

Coriander seeds	225	g
Black pepper	5	g
Cumin	5	g
Bengal gram dal	110	g
Mustard	5	g
Turmeric	5	g
Red chillies	450	g
Fenugreek seeds	5	g
Asafoetida	2	g

Method

Dry the spices in sun for panch foran and garam masala and powder them. Store in a air-tight tin. For sambar, roast the spices on slow fire, powder and store in air-tight container.

NUTRITIVE VALUE OF 100 g CONDIMENTS

	Calo- ries	Prot. (g)	CHO (g)	Fat (g)	Ca (mg)	Fe (mg)	Phos (mg)
Sambar masala	275	15.9	33.0	8.8	118.1	3.1	260.8
Garam masala	297	13.8	33.6	10.9	469.1	14.2	223.1
Panch foran							

* values are not available.

APPROXIMATE WEIGHTS (IN GRAMS) AND THEIR EQUIVALENT MEASURES/NO. OF FOODSTUFFS

FOODSTUFFS			
English	Hindi	Weight g.	Measure/No.
Cereals	Anaj		
Broken wheat	Dalia	150	1 K
Cornflour	Makki ka maida	80	1 K
Rice	Chaval	150	1 K
Rice flour	Chaval ka atta	90	1 K
Semolina	Suji	120	1 K
Wheat flour	Atta	90	1 K
White flour	Maida	80	1 K
Pulses	Dal		
Bengal gram dal	Chane kee dal	130	1 K
Bengal gram dal flour	Basen	80	1 K
Black gram dal	Urd kee dal	130	1 K
Green gram dal	Moong kee dal	140	1 K
Lentil dal	Masoor kee dal	130	1 K
Red gram dal	Arhar kee dal	140	1 K
Whole pulses & Legumes	Sabut dal		
Black eye beans	Rawan/Roungi	130	1 K
Green gram whole	Sabut moong	140	1 K
Kabuli chana	Safed chole	130	1 K
Kidney beans	Rajmah	120	1 K
Lentil whole	Sabut masoor	125	1 K
Vegetables	Sabaji		
Ash gourd (medium)	Petha	1000	1
Beans, French	France beans	3	1
Brinjal (small round)	Baigon	20	1
Brinjal (long)	Lamba baigon	50	1
Brinjal (big)	Bhurthe wala baigon	250	1
Cabbage	Bund gobi	500	1
Capsicum	Shimla mirch	30	1
Carrot	Gajar	40	1
Cauliflower	Phool gobi	200	1

English	Hindi	Weight g	Measure/No.
Donda kaya	Parmal	10	1
Drumstick	Swanjne kee phali	30	1
Fenugreek leaves	Methi	12	1 bundle
Ladies fingers	Bhindi	10	1
Onion (medium)	Payaz	50	1
Potato (big)	Aalu	100	1
Peas (shelled)	Matar	100	1 K
Pumpkin (small)	Kaddu	1100	1
Radish (medium)	Muli	150	1
Raw banana	Kacha kela	60	1
Ridge gourd	Torai	50	1 (medium)
Spinach	Palak	20	1 bundle
Tomato (medium)	Tamater	40	1

* Spoon is always heaped full and (bowl) katori level-ful.

Nuts	Magaz		
Almonds	Badam	20	15
Cashewnuts	Kaju	100	60
Coconut, dry	Khopra	160	1
Coconut, fresh	Narial	150	1
Groundnut	Muphali	6	20
Pistachio nut	Pista	10	12
Poppy seeds	Khas Khas	4	1 tsp
Raisins	Kishmish	5	15
Sesame seeds	Til	3	1 tsp
Spices	Masale		
Aniseed	Sounf	6	1 tsp
Asafoetida	Hing	6	1 tsp
Black pepper	Kali mirch	5	175
Celery seeds	Ajwain	6	1 tsp
Cardamom	Elaichi	1	10
Chilli powder	Lal mirch powder	7	1 tsp
Cinnamon	Dalchini	0.5	1 piece
Cloves	Long	1	12
Coriander leaves	Hara dhania	3	1 bundle
Coriander powder	Dhania powder	7	1 tsp
Curry leaves	Karia patta (meethi neem)	5	1 tsp
Cumin	Zeera	5	1 tsp

English	Hindi	Weight g	Measure/No.
Fenugreek seeds	Methi	6	1 tsp
Garam masala	Garam masala	6	1 tsp
Garlic	Lasan	0.5	1 pod
Green chillies	Hari mirch	5	5
Mint	Pudina	5	5
Mustard	Rai	10	1 tsp
Onion seeds	Kalounji	5	1 tsp
Sah zeera	Sahzeera	4	1 tsp
Salt	Namak	12	1 tsp
Soda-bi-carb	Soda	10	1 tsp
Sugar	Chini	160	1 K
Turmeric	Huldi	8	1 tsp

K = Katori or bowl with 150 ml volume

LIST OF FOODSTUFFS (RAW) INCLUDED TO WORK OUT THE AVERAGES

Cereals

Bajra
Jowar
Maize
Ragi
Rice
Wheat

Dals

Bengal gram
Black gram
Green gram
Lentil
Red gram

Whole grams

Bengal gram
Cow peas
Green gram whole
Moth
Peas
Rajmah

Green leafy vegetables

Amaranth
Ambat chukke
Bathua
Cabbage
Colocasia leaves
Coriander leaves
Curry leaves
Fenugreek leaves
Knolkhol leaves
Lettuce
Mint
Mustard
Radish leaves
Rape leaves
Spinach

Soya leaves
Turnip leaves

Roots & Tubers

Banana, raw
Beetroot
Carrot
Colocasia
Lotus root
Onion
Radish
Sweet Potato
Tapioca
Turnip
Yam

Other vegetables

Ash gourd
Beans
Bitter gourd
Bottle gourd
Brinjal
Cauliflower
Chow-chow
Cluster beans
Cowpea pods
Cucumber
Double beans
Drumsticks
Field beans
French beans
Giant chillies
Jack fruit
Karonda
Kovai
Knol-khol
Ladies finger
Mango, green
Papaya, green

Parwar
Peas
Plantain flower
Pumpkin
Ridge gourd
Snake gourd
Tinda
Tomato green

Nuts & Oilseeds

Almonds
Cashewnuts
Chilgoze
Coconut dry
Coconut fresh
Gingelly seeds
Groundnuts
Pistachionut
Poppy seeds
Pumpkin seeds
Rajkeera seeds
Walnuts

Condiments & Spices

Asafoetida
Cardomom
Chilli, dry
Chilli, green
Cloves
Coriander seeds
Cumin
Fenugreek seeds
Garlic
Ginger
Mango powder
Omum
Pepper, black
Tamarind pulp
Turmeric

Fruits

Amla
Apple
Apricot
Bael
Banana
Bilimbi
Cape goose berry
Cashew fruit
Cherries
Currant
Dates, dried
Figs
Grapes, blue
Grapes, green
Grape fruit
Guava
Jack fruit
Lichi
Lime
Lime, sweet
Malta
Loguat
Mango
Melon musk
Water melon
Orange
Palmyra fruit
Papaya
Peaches
Pears
Phalsa
Pineapple
Plums
Pomegranate
Prunes
Raisins
Raspberry
Sapota
Seethaphal
Strawberry

Wood apple
Zixyphus

Fish

Anchovy
Bhanganbata
Cat fish
Lata
Katla
Lobster
Mackeral
Mrigal
Black pomfret
White pomfret
Prawn
Rohu
Sardine
Shark
Seer
Singhala
Singhi
Sole
Salmon
Tengera

Meat

Beef muscle
Goat
Mutton
Pork
Venison

Milk

Buffalo's
Cow's
Goat

AVERAGE NUTRITIVE VALUE OF FOODSTUFFS (RAW) PER 100 g.
(Nutritive Value of Indian Foods, NIN, ICMR, 1982)

Sl. No.	Foodstuffs	Protein g	Fat g	Carbo- hydrates g	Calo- ries Kcal	Calcium mg	Phos- phorus mg	Iron mg	Caro- tene μ g	Thia- min mg	Ribo- flavin mg	Niacin mg	Vitamin C mg
1.	Cereals	9.9	2.3	71.0	344	79.8	277.3	5.6	56.7	0.34	0.17	2.42	0.00
2.	Bread	7.8	0.7	51.9	245	11.0	-	1.1	0.0	0.07	0.00	0.70	0.00
3.	Biscuit (salt)	6.6	32.4	54.6	534	-	-	-	-	-	-	-	-
4.	Biscuit (sweet)	6.4	15.2	71.9	450	-	-	-	-	-	-	-	-
5.	Dals	23.3	2.1	59.2	349	85.4	343.6	7.5	123.6	0.50	0.22	2.46	0.20
6.	Whole grams	21.9	1.9	57.6	335	156.7	331.7	7.0	68.6	0.44	0.20	2.24	1.00
7.	Green leafy vegetables	3.8	0.6	6.0	45	295.8	64.2	11.9	4390.3	0.09	0.22	1.30	63.87
8.	Roots and tubers	1.2	0.2	16.0	70	37.7	90.4	0.9	222.3	0.05	0.05	0.54	14.25
9.	Other vegetables	2.2	0.3	6.3	36	42.2	51.0	1.7	98.5	0.08	0.05	0.44	27.80
10.	Nuts & oilseeds	15.2	46.6	20.4	578	258.0	464.0	6.1	31.4	0.44	0.28	4.03	0.82
11.	Coconut milk	3.4	41.0	11.9	430	15.0	140.0	1.6	0.0	0.08	0.04	0.60	3.00
12.	Coconut water	1.4	0.1	4.4	24	24.0	10.0	0.1	0.0	0.10	0.00	0.10	2.00
13.	Condiments and spices	9.8	6.6	40.6	261	410.3	239.8	14.5	241.2	0.20	0.19	1.59	15.13
14.	Fruits	1.1	0.4	17.6	79	36.2	34.0	1.8	294.0	0.06	0.12	0.40	45.10

AVERAGE NUTRITIVE VALUE OF FOODSTUFFS (RAW) PER 100 g. (contd.)
(Nutritive Value of Indian Foods, NIN, ICMR, 1982)

Sl. No.	Foodstuffs	Protein g	Fat g	Carbo- hydrates g	Calo- ries Kcal	Calcium mg	Phos- phorus mg	Iron mg	Caro- tene µg	Thia- min mg	Ribo- flavin mg	Niacin mg	Vitamin C mg
15.	Fish	19.7	2.6	3.0	112	344.8	308.9	2.6	0	0.03	0.11	1.63	14.50
16.	Meat ¹	20.4	4.9	0.4	127	41.0	179.0	1.8	9	0.29	0.09	5.33	2.00
17.	Chicken	25.9	0.6	0.0	109	25.0	245.0	0.0	0	0.00	0.14	0.00	0.00
18.	Egg ²	13.3	13.3	0.0	173	60.0	220.0	2.1	600	0.10	0.40	0.10	0.00
19.	Milk ³	3.6	5.8	4.7	85	166.7	113.3	0.2	53	9.04	0.34	0.16	1.33
20.	Curd ⁴	3.1	4.0	3.0	60	149.0	93.0	0.2	34	0.05	0.16	0.10	1.00
21.	Butter ⁵	0	81.0	0.0	729	0.0	0.0	0.0	1056	0.00	0.00	0.00	0.00
22.	Ghee ⁶	0	100.0	0.0	900	0.0	0.0	0.0	479	0.00	0.00	0.00	0.00
23.	Oil	0	100.0	0.0	900	0.0	0.0	0.0	0	0.00	0.00	0.00	0.00
24.	Sugar	0.1	0.0	99.0	398	12.0	1.0	0.0	0	0.00	0.00	0.00	0.00
25.	Honey	0.3	0.0	79.5	319	6.0	16.0	0.9	0	0.00	0.04	0.20	4.00
26.	Jaggery	0.4	0.1	95.0	383	80.0	40.0	11.4	168	0.02	0.04	0.50	0.00
27.	Sago	0.2	0.2	87.1	351	10.0	10.0	1.3	0	0.01	0.00	0.20	0.00

Following foods contain vitamin A (retinol) also :

1. Meat	9 µg	3. Milk	53 µg
4. Curd	34 µg	6. Ghee	479 µg

- : Not done

GLOSSARY OF TERMS USED IN FOOD PREPARATIONS

Barbecue	To roast slowly, usually basting with highly seasoned sauce. It can be done on a stationary or rotating skewer.
Baste	To moisten meat or other foods while cooking by covering surface with melted fat and fruit juice or sauce.
Batter	A mixture of flour and water thick enough to stir and thin enough to drop from a spoon.
Beat	To make a mixture smooth by introducing air with a brisk regular motion.
Blanch	To precook by heating in boiling water or steam in order to : 1. activate enzymes and shrink some foods for freezing, drying or canning, 2. to aid in removal of skin from nuts, fruits and vegetables.
Blend	To mix thoroughly two or more ingredients.
Candied	A process of cooking in a syrup or in sugar. Sometimes the syrup is kept moist and sometimes is dried and crystallized.
Caramelize	To heat sugar, stirring constantly, till it melts and becomes brown in colour but is not burnt.
Casserole	A vessel, usually with a cover in which food can be baked and served.
Chop	To cut into pieces with a knife.
Chutney	A curry accompaniment which may be raw or cooked made of fruit, vegetable or nuts.
Coagulation	To change from a fluid to a thickened jelly, clot or curd.
Creamed	<ol style="list-style-type: none">1. Foods cooked in or served with white sauce;2. One or more ingredients worked until soft and creamy, using a spoon or electric mixer.
Cut in	To distribute solid fat or cheese into dry ingredients by use of a pastry blender.
Dash	Less than 1/8 teaspoon of an ingredient.
Double boiler	A set of two saucepans so made that one pan can be inserted in the other to allow space between pans.
Dough	A mixture of flour and liquid thick enough to knead or roll but too stiff to stir or pour.
Fold	To combine by using two motions, one which cuts vertically through the mixture and the other which turns over by sliding the implement across the bottom and up the side of the mixing bowl.

Glaze	To coat with a thin sugar syrup cooked to the crack stage.
Grill	To cook by direct heat.
Grind	To reduce to particles by cutting or crushing.
Homogenize	To break into regular sized small particles.
Hydrogenation	A process in which hydrogen is combined with an unsaturated compound to form a solid.
Icing	Coating of finely ground sugar and water or white of egg for cakes.
Julienne	Food cut in long thin strips.
Lukewarm	(Tepid) to heat to 95° F or when sprinkled on palm side of the wrist, will not feel warm.
Malt	Sprouts of moist grains which have been heated, dried and ground into a flour.
Marinate	To make food stand in a liquid like vinegar or curd before further processing.
Mince	To cut or chop into very small pieces.
Mix	To combine ingredients in any way that effects a distribution.
Monosodium glutamate	A chemical added to food to enhance flavour.
Parboil	To boil until partially cooked.
Parch	To brown by means of dry heat.
Pare	(Peel) to cut off the outside covering.
Pasteurize	To preserve food by heating and holding at a specific temperature for a specified length of time which is sufficient to destroy certain micro-organisms and arrest fermentation.
Pickle	Fruit or vegetable which is preserved in vinegar, lime or oil with salt and spices.
Poach	To cook in hot liquid in a way that the shape of food is retained.
Pressure cooker	An airtight container for cooking food under steam pressure at a high temperature (240° - 250° F).
Sauce pan	A covered cooking utensil with one handle.
Saute	To brown or cook in a small amount of fat.
Scald	To dip food in boiling water.
Scallop	To bake food with a sauce.

Sear	To brown the surface of meat by a short application of intense heat.
Seasoning	To add spices or herbs to food to provide flavour and make it more palatable.
Sherbet	A frozen dessert composed of fruit juice or pulp, sugar and water or milk. Egg white or gelatin may be added to improve the consistency.
Skewer	To string on wooden or metal rods for cooking.
Simmer	To cook in a liquid just below the boiling point at a temperature between 185° - 210° F.
Solution	Uniform liquid blend containing a solid and a liquid.
Specific gravity	The weight of a volume of substance in relation gravity to the weight of an equal volume of water.
Steep	To allow a substance to stand in liquid.
Sterilize	To destroy microorganisms by use of high temperature with steam or boiling liquid.
Stir	To mix food materials with a circular motion.
Toast	To brown by means of dry heat.
Warm	To raise temperature to 105° - 115° F.
Whey	The liquid residue of milk after removal of the casein and most of the fat (solids).
Whip	To beat rapidly to incorporate air and produce expansion.

